



STEPH GEYER

SPECIALTIES



SPORTS
PERFORMANCE



CARDIO



NUTRITION



STRENGTH &
CONDITIONING

ABOUT ME

As a recent graduate from Deakin University with a Bachelor of Exercise and Sport Science/Bachelor of Nutrition Science, I bring an evidence-based approach to personal training. My passion lies in understanding both how the body moves and how it's fuelled - giving my clients the tools to perform at their best. I have experience working with both the general population and sporting athletes, tailoring programs to suit a wide range of goals, abilities and training backgrounds.

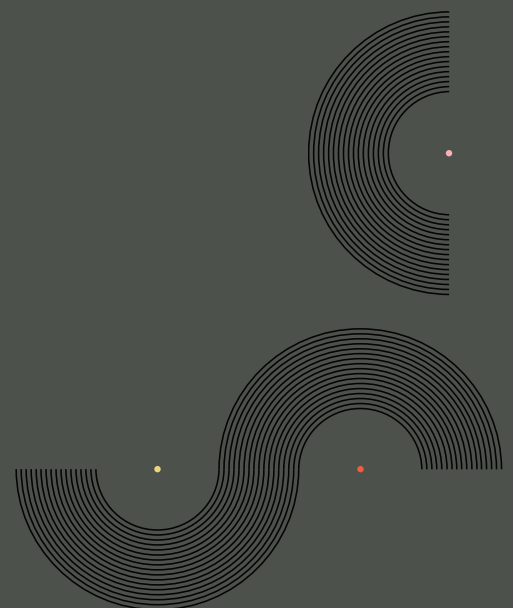
Outside the gym, I play netball and love to run and have completed two half marathons. I strive to bring energy, education and encouragement to every session. I'm here to help you build a stronger, and more confident version of yourself.

QUALIFICATIONS

- Bachelor of Exercise and Sport Science
- Bachelor of Nutrition Science
- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training

SPECIALITIES

- Strength and Conditioning
- Sport-Specific Programming
- Nutrition-Informed Coaching
- Goal-Driven Training Plans



YAWA.
AQUATIC CENTRE