



# BILLIE RUCKWOOD

## SPECIALTIES



WEIGHT  
MANAGEMENT



STRENGTH &  
CONDITIONING



YOUTH  
FITNESS



BALANCE &  
COORDINATION

## ABOUT ME

I began as a group fitness instructor and along the way, earned my certification as a personal trainer. Within this, I developed a deep understanding of how fitness not only enhances physical health but also improves mental well-being.

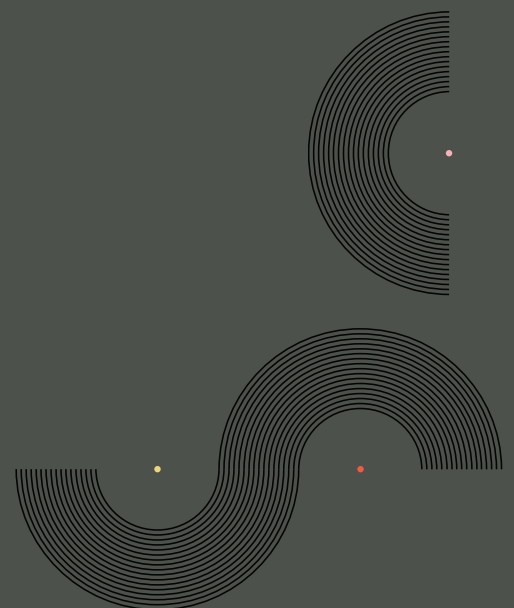
I have always been a very active person with a lifelong passion for sport and fitness. Participating in a variety of individual and team sports, at an elite level representing Victoria. Including; swimming, lifesaving, dance, gymnastics and calisthenics.

In addition to the gym I coach Aerobics, where I have been fortunate to guide my athletes to national level competitions resulting in various medallions.

My goal as a trainer and coach is to inspire my clients to embrace fitness as a lifestyle; one that promotes better health, increased confidence and mental clarity. Whether you're looking to improve your athletic performance, reach personal fitness milestones or simply live a more active lifestyle, I'm here to support you every step of the way.

## QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training



**YAWA.**  
AQUATIC CENTRE