

CAOLAN O'CONNOR



SPECIALTIES



SPORTS
PERFORMANCE



ENDURANCE



STRENGTH &
CONDITIONING



WEIGHT
LOSS

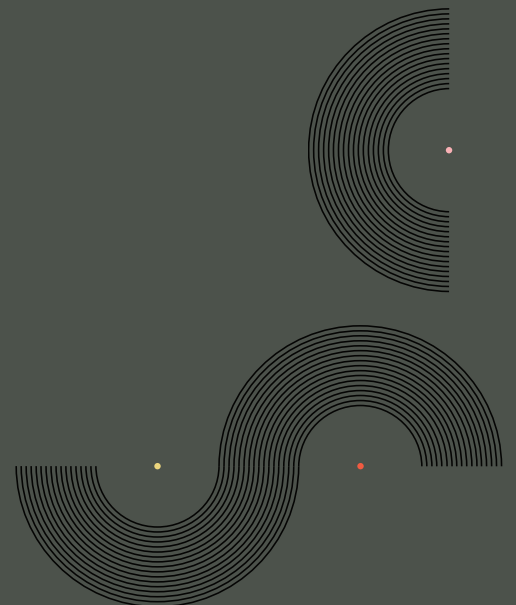
ABOUT ME

Sport and fitness have always been a big part of my life, with particular interest in cricket and long-distance running. I've extended this into my professional life, having obtained a degree in Sport Science and Sport Management at Deakin University. Now working as a coach and personal trainer, I'm passionate about helping people reach their full potential.

My approach is straightforward and consistent, sticking to basics and focusing on the fundamentals that truly work. Alongside tailored training sessions, I aim to educate and support you in improving your overall health and lifestyle.

QUALIFICATIONS

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



YAWA.
AQUATIC CENTRE