

DAVE SIMONS

SPECIALTIES



SPORTS
PERFORMANCE



BOXING



STRENGTH &
CONDITIONING



WEIGHT
LOSS

ABOUT ME

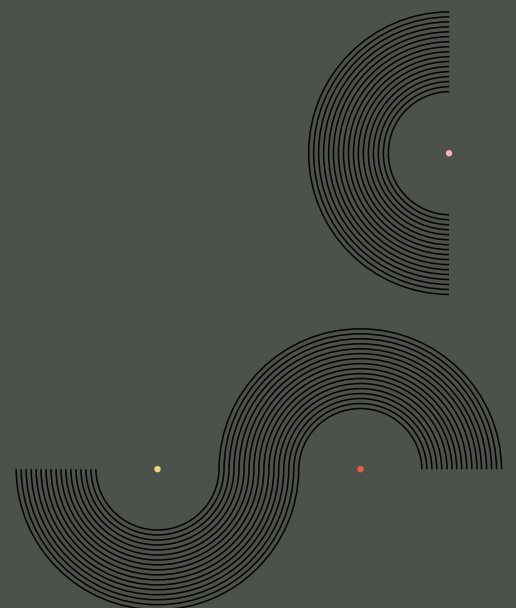
I'm super excited to be a personal trainer here at Yawa where I've been training for the past three years. Over that time, I've lost 20kg, built muscle and fitness through a 40kg transformation. I understand how tough the journey can be, and I'm here to help you find your own path to success.

In my younger years, I was all about Hockey. As a goalkeeper, I played Shield and State League, coached individual goalkeepers, as well as whole junior teams. My sports background taught me a lot about dedication, teamwork, getting the most out of myself and pushing through challenging obstacles - I bring all that energy into my training sessions.

Whether you're about building strength, losing weight or just feeling better in your day-to-day life, I'm all about helping you make progress at your own pace and support you every step of the way. I look forward to seeing you on the gym floor!

QUALIFICATIONS

- Certificate III in Fitness
- Certificate IV in Fitness & Personal Training
- Boxing CS3 Course
- Level 1 - Aus Strength & Conditioning Assoc



YAWA.
AQUATIC CENTRE