

Hugh McGrath

Personal Trainer

Industry experience

-Over 2.5 years experience in the Health and Fitness Industry

Qualifications/Certifications

- Certificate IV Fitness
- Certificate III in Fitness
- First Aid
- CPR
- Bachelor of Arts - Psychology & Sociology (in progress)

Specialty

- Weight loss
- Specific Populations
- Functional Fitness
- Sport specific conditioning

Hobbies and Interests

- Philosophy
- History

