



Paulo Soares

Assistant Gym Operations Manager

Industry Experience

-Over 15 Years combined experience

Qualifications/Certifications

- Certificate IV Fitness
- Certificate III in Fitness
- Kettlebell Training Certificate Level 2
- Thump-Boxing Instructor Level 1
- ASCA Level 1 Strength & Conditioning
- First Aid
- CPR
- Diploma in Business Administration (in progress)

Knowledge and skills

- Languages- Portuguese
- Languages-Spanish

Specialty

- Weight loss
- Circuit training
- Strength & Conditioning
- General Health and Fitness

Hobbies and Interests

- MMA
- Boxing
- Soccer

