



# Sarah Buckthorpe

## Group Fitness Coordinator/Personal Trainer

<b>Role</b>	<b>Group Fitness Coordinator, Wellness Coordinator and Personal Trainer</b>	
<b>Industry Registered Qualification</b>	Level 2 Registered Exercise Professional Specialised Trainer	
<b>Certifications</b>	<ul style="list-style-type: none"> <li>• Diploma of Fitness</li> <li>• Diploma in Management (in progress)</li> <li>• Cert IV Fitness</li> <li>• Cert III Fitness</li> <li>• Working with Vulnerable People #56588</li> <li>• MTB Level 1 Commissaire</li> <li>• ASADA Level 1 Anti-doping</li> <li>• Kettlebell Level 1 &amp; 2</li> </ul>	<ul style="list-style-type: none"> <li>• Trigger Point Performance Therapy</li> <li>• Punch Fit Trainer</li> <li>• Punch Fit Kick pad instructor</li> <li>• BEAT IT Physical Activity and Lifestyle Trainer</li> <li>• Heartmoves Instructor</li> </ul>
<b>Speciality</b>	<ul style="list-style-type: none"> <li>• Weight loss</li> <li>• Special populations training- Older Adults</li> <li>• Disability Training</li> <li>• Female Training &amp; Pregnancies</li> </ul>	
<b>Hobbies and Interests/Personal</b>	<ul style="list-style-type: none"> <li>• Cross Country MTB, Downhill MTB</li> </ul>	<ul style="list-style-type: none"> <li>• Reading</li> <li>• Movies</li> </ul>