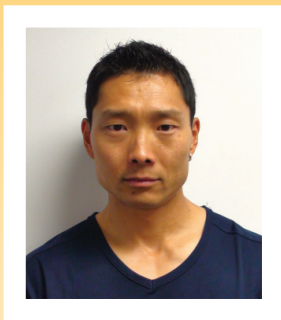
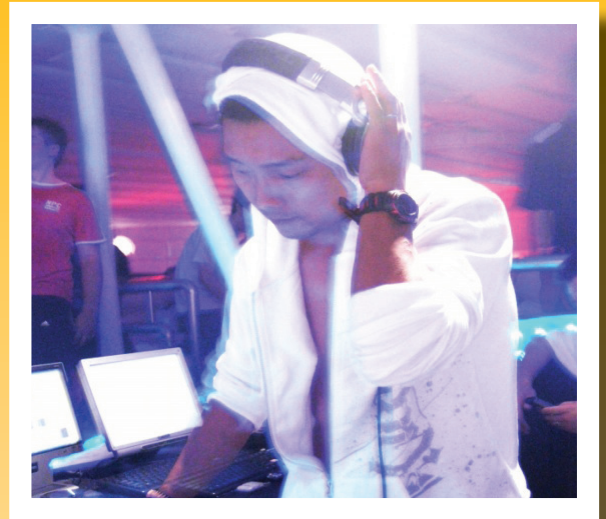


First Place FITNESS CLUB

 **24 HOUR GYM**



BOBBY YANG

Bachelor of Physical Education

Personal Trainer

“Maximise your potential”

Are you:

- Fast, but not fast enough on the sports field?
- Fit, but not fit enough to enjoy all that life has to offer?
- Strong, but not strong enough to overcome all the obstacles in your path?

Experience life like you've never known it...

As your personal trainer, you can be assured that I will be committed to helping you maximise your potential. Training sessions are challenging, exciting and in no way at all monotonous.

I offer:

- Sports specific and general fitness training
- Assistance with fat loss and muscle gain
- Basic nutrition plans
- Fitness assessments
- Sports massage

Qualifications: Bachelor of Physical Education (Xi'an Institute of Physical Education, China)
Certificate in Personal Training (AUT, New Zealand)
REPs registered

Work Experience: 15+ years sports specific coaching (NZ and China)
5 years fitness training (NZ and China)

Bobby Yang
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fitnessbobby@gmail.com

Voted Best Gym In New Zealand