

# HOLLY RAE



## Vital Statistics...

**Age:**

Mid 20s

**Qualifications:**

Dip. Sport & Fitness  
Boxerfit, Olympic Weightlifting

**Experience:**

5 Years PT

**Hobbies:**

Mountain Biking, Marathon  
Running, Gym Fitness & Sports



### Specialising in...

- Personal Training
- Strength & Fitness Training
- Bodybuilding & Toning
- MEGA Boxfit
- Endurance Sports
- Weight Loss
- Goal Setting & Motivation
- Silver Fitness



“You may not be there yet but you’re closer than you were yesterday.”

“There’s nothing better than the look on someone’s face when they achieved something they never thought possible.”

ALPINES  
MITRE 10  
**MEGA**  
KAIAPOI  
FITNESS CENTRE