



JESSE MCLAY

Vital Statistics...

Age:
Mid 20s

Qualifications:
Batchelor of Sport & Recreation
Management

Experience:
6 years Personal Training
Primary School Sports Coach

Hobbies & Interests:
Weight Lifting, Powerlifting,
Rugby, Sports, Outdoors -
tramping & hunting



ALPINES
MITRE 10
MEGA
**OXFORD
FITNESS CENTRE**



Specialising in...

- Personal Training
- Sports Specific Training
- Strength Training • Powerlifting
- Conditioning/Fitness
- Nutrition

*"Success is a journey,
not a destination, so I will
work hard for my clients to help
them make at least one definite
move daily throughout your
journey."*

*"Some people dream of
success - others stay awake
to achieve it."*