

MANDY HENDRIKS

PERSONAL TRAINER

I know it is a cliché but the adage “No Pain, No Gain” is as relevant in fitness today as it ever was. To reach your goals faster and more efficiently you need to be pushed in the right way by someone you can trust to have your best interests in mind.

My job is to make sure you have a fun workout even as you train your hardest - and together we'll achieve some great results.

EXPERIENCE & QUALIFICATIONS

Boxerfit Certificate
Group Fitness Instructor
Fitness Centre Management
Been in the fitness industry since 1990

Hobbies & Interests:
Walking her dogs, Writing

SPECIALISING IN:

- Personal Training
- Group Fitness including Boxfit, Step, Pump & BTT
- Circuit Training
- General Fitness



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ALPINES
MITRE 10
MEGA
KAIAPOI
FITNESS CENTRE