

Sol Reinhardt

*“Energy and persistence
conquers all things”*

Qualifications

- Certificates in individual / Group Training
- Over 4 years industry experience

Experience

- Full-time Fitness Trainer
- Works with mature population on a daily basis
- Trained a variety of professional and amateur athletes for swimming, surfing, cycling, soccer and tennis

Specialities

- Effective High Intensity Training & Weight Loss
- Boxing
- Training two at a time

Call Sol on 0404 803 104.



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