



# Kris Pendlebury



## *Personal Trainer*

Kris Pendlebury is an innovative Personal Trainer holding his Certificate III & IV in fitness. Kris specialises in sports conditioning, strength training, weight-loss and boxing. He previously worked at RealFit PT studios and in the sports department at Puma. Kris is Playing Assistant Coach at Balwyn FC and is a Director at Pendlebury Elite Skills Academy. Kris runs RSY's Group Fitness classes from 6:15am – 7:15am on Tuesday, Wednesday & Thursday mornings as well as Bootcamp on Saturdays from 8:30am – 9:30am.

To arrange a one on one and/or two on one personal training session, please call Kris on 0401 875 831 or email him via [krita\\_23@hotmail.com](mailto:krita_23@hotmail.com).