



Suzanne Bremner



Personal Trainer

Suzanne Bremner is an experienced PT who holds a Certificate III as a Gym Instructor, Certificate IV Personal Trainer, Older Adults Health & Fitness Specialist, Diploma in Fitness and runs a variety of classes, catering to all individuals. These classes include Legs, Glutes & Core, Boxercise, Circuit and Group Fitness. Suzanne believes in fitness for functionality – being strong and healthy for everyday life. During PT sessions, she focuses on individual client goals and body deficits to achieve physique balance. Suzanne can specifically design a self-maintenance gym programme guiding you through correct technique with bi-monthly reviews.

To arrange a one on one and/or two on one personal training session, please call Suzanne on 0412 990 274 or email Suzanne via bodytunept@bigpond.com.