



Tammi Patterson



Personal Trainer

Tammi has always been passionate about health and fitness. As a former professional tennis player on the WTA and ITF tours for 16 years, she learnt a lot about her body and how to get the most out of herself on court, which meant putting in the hard work off court in the gym.

Tammi's goal is to promote a healthy lifestyle, help you on your journey to becoming the healthiest version of yourself, and have fun in the process. She can teach you the fundamental techniques for exercises and how to use equipment properly and safely in order to maximise your sessions. Tammi's qualifications include Certificates III & IV Personal Training, Female Specific Training, Boxing and Nutrition.

To arrange a one-on-one and/or two-on-one personal training session, please contact Tammi on 0404 949 104 or email her via tammi.mae3@gmail.com.