

# AILEEN PEGG

I have been working in gymnasiums for over 30 years. My life experience is a definite advantage when working with members at the MARC as a good majority are matured-aged people and “first timers”. The members that need my help are dealing with everyday functional movement like sitting down and getting up out of a chair, climbing the stairs on the bus and putting out the washing.

I am committed to making health and fitness a way of life, not just a fad. I believe setting the example is the most important way of proving that I practice what I preach by showing the benefits of healthy living and exercise.

## Specific services offered

- Beginners training
- Functional training (including whole body workouts)
- Working with Mature Age Adults

## Qualifications and credentials

- Certificate in Fitness for Older Adults
- Certificate III and IV in Fitness
- COTA – Strength for Life
- Principles of Sports Injury Rehabilitation

## Contact info

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# ANGELA ZIMMERMANN

I've been in the fitness industry for 10 years as a group fitness instructor and personal trainer. Over this time I have gained extensive knowledge in strength training and have become passionate about females achieving their strength goals.

I endeavour to support all my clients through a fun and interactive style of training. I make sure that all clients leave with a smile on their face and feeling like they have achieved their fitness goals. Being also a qualified Wellness/Nutrition Coach, I am able to offer 1 on 1 support in Nutritional guidance and personalised menu plans to help you reach your goals. I am an avid hiker who loves to push myself to my limits with challenging but achievable goals, and I am passionate to help people also set and achieve their own personal goals.

## Specific services offered

- 1-on-1 nutritional advice/menu planning and ongoing support.
- Female strength and hypertrophy training
- Four, six and eight-week training program blocks

## Qualifications and credentials

- Certificate III & IV in Fitness
- Certificate IV in Nutrition
- Strength Focused, Training the female athlete Course
- Menopause Coaching

## Contact info

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# RHEANNA PALERMO

(Rhee)

My coaching focuses on functional movement, mindset and a holistic approach towards nutrition. I meet a person where they are at, guide them to overcome barriers that are hindering their progression, then help them to set sustainable goals.

My training knowledge is primarily in physique sculpting, proper body mechanics, injury prevention and rehabilitation. I work on correcting imbalances by strengthening lagging body parts, improving mobility and stability of muscles and joints.

My goal is to help you to enjoy what will benefit you, whether it's improving your habits, exercise or nutrition.

## Specific services offered

- Nutrition mentoring and counselling
- Functional training and physique sculpting
- Injury prevention and rehabilitation
- Boxing and kickboxing pad work
- 1-on-1 personal training and programming

## Qualifications and credentials

- Cert 3 & 4 fitness      Counselling Diploma
- Kettlebells level 1      Functional barbells level 1

## Contact Info

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# VANESSA JANIEC

I'm passionate about functional training to improve movement patterns, increase muscular strength and progress stability and mobility to support every daily life.

I also understand one style of training does not fit all, so I create a personalised fitness program to suit the needs and abilities of each of my clients.

I believe a fitness and health journey is never easy to start, so you only want to start once! To keep your fitness journey moving forward, it should be enjoyable, not a chore.

I can create a fitness program to suit your changing goals & abilities to keep you advancing, so you can enjoy benefits like: Increased healthy athletic movement, strength & mobility across multiple planes, increasing bone density & balance, improved mental health & sleep, injury prevention, fat loss & muscle hypertrophy.

## Specific services offered

- Functional Training and Fitness Coaching
- Training 1on1 or 2on1

## Qualifications and credentials

- Certificate III and IV in Fitness
- Level 3 Spin Certification

## Contact info

[Vanessa.janiec@mandurah.wa.gov.au](mailto:Vanessa.janiec@mandurah.wa.gov.au)



# BAILEY MULLINS

I offer 1-on-1 person training sessions that are tailored to your goals, and specialised programs that work around your schedule, past training experience and injuries/rehabilitation.

I have a background in strength and conditioning coaching for athletes and have helped many achieve their goals for their selected sports. Finding a type of training you enjoy will keep you motivated and interested to make sure your hard work pays off and delivers the results you want, so let's work together to find a program that you will enjoy and give you the results you're after.

## Specific Services Offered

- Strength and Conditioning training (individual or team)
- Power and plyometric training programs
- 1-on-1 personalised sessions and programs
- Strength and hypertrophy training

## Qualifications and Credentials

- Cert III and IV Fitness
- Level 1 Strength and Conditioning Coach
- Cert III Sport and Recreation
- Experience in delivering strength and conditioning programs to sports teams and academies

## Contact Info

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# TIM WATSON

After being in the fitness industry for 15 years, I have developed a diverse skillset and the ability to help you get the most out of your training.

Specifically, I am heavily involved in triathlon and can develop programs for beginners looking to try the sport, as well as those who are more experienced. Aside from all things swim/bike/run, I also have experience with boxing for fitness and can push you further than you thought possible.

## Specific services offered

- Sport specific Training for running and biking power/speed
- Functional Movement Training
- Boxing specific fitness

## Qualifications and credentials

- Cert III and IV in Health and Fitness
- THUMP trainer certified
- Foundation triathlon coach
- Les Mills and Cycle Excel certified

## Contact info

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# ANDREA FELLOWS

I have been a personal trainer at the MARC for eight years. The “kettlebell girl”, I am passionate about these canon ball weights!

Training with kettlebells increases both your strength and cardiovascular endurance, a great choice for the time poor as your fitness and weight loss goals are still achievable, even while juggling that busy life. I also have a keen interest in training children.

My workouts can be challenging, but I think you’re more likely to stick with it if you’re having fun, so I strive to help you reach your fitness goals by working you hard while ensuring you still have a smile on your face.

## Specific services offered

- Kettlebell training
- Strength training
- Functional training

## Qualifications and credentials

- Fitness Instructor – Cert III and IV (Fit College)
- Kettlebell coach – Beg. and Adv. (Bootcamp Australia)
- MetaPWR Instructor (Metafit Australia)
- Community Athletics Coach – Lv 1 (Athletics Australia)
- IAAF Kids Athletics Coach (Athletics Australia)

## Contact info

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# ASH THOMSON

I specialise in helping people reach their goals in the most enjoyable, sustainable and safest way. Focusing on using correct technique to achieve the best results without injuries.

I play both basketball and golf, and have experience in increasing my own vertical jump height and club head speeds, resulting in better performance in my sports.

I worked as the coach for ManVFat Mandurah in conjunction with UWA, helping the players lose a combined weight of 200kg in the first 12-week season alone.

## Specific services offered

- Strength and hypertrophy training
- Sports specific training
- Power and plyometric training
- Olympic lift techniques
- Four, six and eight-week training program blocks
- Nutrition advice

## Qualifications and credentials

- Certificate III and IV in Fitness (South Metro TAFE)
- Personal training for four years
- ManVFat Soccer Coach

## Contact info

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