

PETER MAPAGU

BODY RECOMPOSITION
IMPLEMENTING HEALTH HABITS



Qualifications

Certificate III & IV in fitness
Kettlebells & TRX Training
Barbell Course
First Aid & CPR

Training Style

I work very closely with my clients implementing a number of small changes which elicit enormous change in their satisfaction and overall happiness with themselves.

Contact

📷 @coach_jasonkokotis
📞 0401 025 852
✉️ jkokotis.pt@gmail.com

GENESIS
HEALTH + FITNESS

DAOUD KAMEH

FAT LOSS & MUSCLE GAIN
BODY TRANSFORMATIONS
TONING & CONDITIONING
LIFESTYLE GUIDANCE



Qualifications

Certificate IV in fitness
Punch Fit Boxing instructor

Training Style

With a broad sports background, I incorporate a wide variety of training styles in my clients' programs. I encourage hard work and education while also having fun. Training can be intense so why not enjoy the journey.

Contact

📧 @daoud_pt
📞 0421 192 755
✉ daoudkameh@outlook.com

GENESIS
HEALTH + FITNESS

GARRETH CLAVIJO

PHYSICAL HEALTH & INJURY RECOVERY
SPORTS/ATHLETIC TRAINING
INJURY PREVENTION



Qualifications

Certificate IV in fitness
Certified in Sports Rehabilitation
Certified in Massage
Aus Strength Coach

Training Style

With over 10 years experience in sport and dedicated training, I provide a holistic approach to keep you safe and injury free. I teach what I love and that is fitness and healthy living. I practice what I preach and always speak from my own experience.

Contact

📧 @garreth_pt
📞 0406 636 789
✉️ gjc_313@hotmail.com

GENESIS
HEALTH + FITNESS

GERARD MAHONY

STRENGTH TRAINING & WEIGHT LOSS
POWERLIFTING & SPORTS SPECIFIC



Qualifications

Certificate III & IV in fitness
Certified Athletics Coach
Certified Football Coach
Certified Cricket Coach

Training Style

With qualifications as an athletics coach, football coach and cricket coach, I have a wide range of experience when it comes to training. I practice what I preach and keep my clients motivated. With accountability and an effective program, there's no limit to your progress.

Contact

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GENESIS
HEALTH + FITNESS

JASON KOKOTIS

BODY RECOMPOSITION
BUILDING MUSCLE & STRENGTH
NUTRITION OPTIMISATION
SYNERGISE MIND-BODY CONNECTION



Qualifications

Certificate III & IV in fitness
Kettlebells & TRX Training
Barbell Course
First Aid & CPR

Training Style

I work very closely with my clients and seek out the underlying process behind their habits. I'm not going to be your trainer I'm going to be your coach. I'm with you every step of the way. You won't just build a strong able body. You'll have the mental aspect to stay progressing throughout your fitness journey.

Contact

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✉️ jkokotis.pt@gmail.com

GENESIS
HEALTH + FITNESS

JULIET TORRISI

STRENGTH & PERFORMANCE
FAT LOSS
HOLISTIC APPROACH



Qualifications

Certificate III & IV in fitness
Strength System

Training Style

As your coach, my core beliefs revolve around mindset, consistency, discipline and most importantly... BALANCE! My goal is to support you and provide you with the correct training and nutrition to live a health, balanced lifestyle. I put significant emphasis on form to ensure you are training safely and effectively. It's important for me to assess how you respond, how you are feeling, your performance, recovery and personal preferences.

Contact

📍 @juliettorrisifitness

📞 0452 550 440

✉️ juliettorrisifitness@gmail.com

GENESIS
HEALTH + FITNESS

MICHAEL ANDREA

STRENGTH & LOWER BODY TRAINING
BODY TRANSFORMATION
OLYMPIC LIFTING
POWER LIFTING



Qualifications

Performance Coach level 2
Nutrition Coach level 2
Adv. Program Design &
Hypertrophy Cert
Master Functional Trainer
and more...

Training Style

My name is Michael and I specialise in body transformations through strength exercises like squat, bench press and deadlifts. From basic training to power lifting to olympic lifts for advanced trainees, my clients' results speak for themselves.

Contact

📷 @squat_and_lift.pt
📞 0414 803 755
✉ michael@squatandlift.com.au

GENESIS
HEALTH + FITNESS

MICHAEL LIZZIO

FAT LOSS
MUSCLE GAIN
STRENGTH GAIN



Qualifications

Certificate III & IV in fitness
PNBA Classic Physique Pro

Training Style

With 8 years of training experience, and a big emphasis on teach, my aim is to help you skip the mistakes and get in the fast lane to achieving the results you want. As a competitive natural bodybuilder, I practice what I preach and will help you create the health lifestyle you're looking for.

Contact

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📞 0423 275 049
✉ michael.lizzio98@hotmail.com

GENESIS
HEALTH + FITNESS

NIKIAH HARKER

WEIGHT LOSS TRANSFORMATION
FUNCTIONAL TRAINING



Qualifications

Certificate III in fitness
Certificate IV in fitness

Training Style

The reason I became a Personal Trainer is because I have a passion for helping people. With 10 years experience in gymnastics, netball and Oztag, I know what it take to shape, tone and condition the body in a healthy way. I'm always available for a chat whenever you need it.

Contact

📍 @mycoachniks
📞 0413 469 429
✉️ mycoachniks@gmail.com

GENESIS
HEALTH + FITNESS

PAUL ABOUD

STRENGTH & CONDITIONING
HYPERTROPHY & WEIGHT LOSS



Qualifications

Certificate III & IV in fitness
SNC Level 1 ASSA

Training Style

I incorporate strength and conditioning techniques into everyday life. Using major compound lifts as the foundation of your training, I ground you in the basics to set you up for success

Contact

📞 0403 537 698

✉️ paul.aboud1@outlook.com

GENESI
HEALTH + FITNESS

PETER GRAY

STRENGTH & CONDITIONING
HIGH INTENSITY INTERVAL TRAINING
SOIRTS SPECIFIC TRAINING
METABOLIC RESISTANCE TRAINING



Qualifications

Certificate III & IV in fitness
Strength & Conditioning Level 1
First Aid & CPR
Kettlebells
TRX Suspension
Boxing Certification

Training Style

Incorporating resistance training, high-intensity exercise and functional movement training. Programs are designed to improve cardiovascular conditioning and to deliver results in weight loss, strength and body composition.

Contact

📱 @peterkathchar

📞 0437 968 938

✉️ peterkathchar@gmail.com

GENESIS
HEALTH + FITNESS

PETER MAPAGU

STRENGTH & PERFORMANCE
BODY TRANSFORMATION
COMPETITIVE BODY BUILDING



Qualifications

Certificate III & IV in fitness
BFI Level 1 GPP Personal Training
Recomposer Coach
Pre & Post Natal

Training Style

As a competitive natural bodybuilder and prep coach, I practice what I preach. I take a holistic approach with nutrition, training and lifestyle programs for every level, from beginner to advanced clients. With 18+ years experience behind my own training, I know how to get you where you want to be.

Contact

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📞 0433 122 343
✉ info@riptonfitness.com.au

GENESIS
HEALTH + FITNESS

TOMOKA TANAKA

STRENGTH & STABILITY
TONING & FAT LOSS



Qualifications

Certificate III & IV in fitness
Kettlebell & TRX Certified
Pre & Post Natal
First Aid & CPR

Training Style

Train my clients with passion and motivation. I will support you in all your goals and will push you when needed. Your need and satisfaction are my top priority.

Contact

📷 @tee_diverse_fitness
📞 0423 944 105
✉️ tomoka.tanakapt@gmail.com

GENESIS
HEALTH + FITNESS

ZAC BOWLER-NAYLOR

STRENGTH TRAINING
FAT LOSS
MUSCLE GAIN



Qualifications

Certificate III & IV in fitness
First Aid & CPR

Training Style

I specialise in strength training, muscle gain and fat loss. I'm here to help fix bad habits and work on having a healthy lifestyle, and in the process get stronger and look better.

Contact

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📞 0457 642 358
✉️ znaylor123@gmail.com

GENESIS
HEALTH + FITNESS

ZALFA AL NASSER

BODY RECOMPOSITION
IMPLEMENTING HEALTH HABITS



Qualifications

Certificate III & IV in fitness
Kettlebells & TRX Training
First Aid & CPR

Training Style

My goal is to incorporate health lifestyle changes in the most realistic way. I want to help guide as many people as I can to achieve their goals and feel confident in their own skin.

Contact

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✉ zalfaalnasser@gmail.com

GENESIS
HEALTH + FITNESS