

**WORK HARD & BE
PROUD OF WHAT
YOU ACHIEVE**

Para Indoor Triathlon Winner Masters Games 2020
Bronze Medal Non-Para Indoor Triathlon Masters 2020
1000m Indoor Row Lightweight Winner Masters 2020
2X Otago Polytechnic Exercise Certificate Ambassador
Award Recipient
Cert Exercise L4, L5
Reps Registered (in process)
First Aid Trained

DAVID PARKER

PERSONAL TRAINING

Hi there!

I'm Dave. I love training and keeping fit despite struggling with several long term health issues. I get it. Working out around pain can be scary and difficult. But it's not impossible!

I believe fitness and health belongs to everyone.

Come give it a go with me.

Rates:

\$70 per hour—includes Propel Gym membership

\$60 per hour no membership

\$45 per half hour

Online Training— \$45NZD ph -

Expressions of interest sought for online classes.

\$45—two Bootcamp sessions per week plus 30min one on one.

Exercise Class

\$15 per class

(45min Cardio/Resistance class, max 10ppl)

Contact Dave: 0276003039

