

Max Weinberg Life Fit Coordinator

Credentials

Diploma Teaching (Physical Education)

Certified Personal Trainer

Coaching NZ Level 1&2

AHPER Diploma and AHPER (Assoc)

Level 3 Cardiac Rehabilitation

Max is the supervisor of our Life Fit programme at the Rec Centre and has over 27 years experience in the fitness industry. He has a background in teaching, coaching and sports conditioning.

Max is employed full time at Sport Waikato where he works with Corporates, Green Prescription and the adult population including seniors. His area of interest at the Rec Centre is specifically with our Life Fit programme, which incorporates resistance and cardiovascular training options for seniors, beginner exercisers and cardiac rehabilitation clients.