

VONITA WHYTE

trainer profile

"If you will not settle for anything less than your best, you will be amazed at what you can accomplish in your life." Vince Lombardi

If you have a "dream" and would like to not only achieve this but go beyond what you think is possible, let me assist and guide you on your way. Achieving the best results for you in an exciting and encouraging environment is what I will strive to do.

I have pursued many sporting & training interests at both a competitive and social level and believe in having a balanced life. A healthy mind, body and spirit is a vital key to your success and reaching your goals. What are you waiting for? There is no better time than the present.

CERTIFICATIONS

Registered Exercise Professional (PT Level)
PG Dip Sport & Leisure Studies
B Soc Sci
Cert. Personal Training AUT
Cert. Fitness Instruction AUT
Bronze XLR8 speed course

CONTACT VONITA

e. gettrained@getitfitness.co.nz
m. 021 841 251



getitfitness.co.nz