



DEIRDRE SHEFFRIN

PERSONAL TRAINER

Specialises in

- Men's and Women's health
- Pelvic Floor Dysfunction
- back pain and improving Core stability post- surgery
- pregnancy & illness

Qualifications and Experience

- Certificate IV Fitness
- Wellness & Health Coach level 1 & 2
- Advanced Mat & Reformer Pilates Certificate
- Pelvic Floor First Safe Exercise Certificate
- Lungs in Action Trainer

Bio

My sports background is distance running and competitive swimming winning State and National Titles as well as medalling in FINA World Masters Championships in Australia and overseas.