



# JACQUI ALLEN

## PERSONAL TRAINER

### Specialises in

- Older adults
- Functional training
- Women's health
- Rehab and prehab programs

### Qualifications and Experience

- Bachelor of Applied Science (Human Movement Science)
- Cert 3&4 in Fitness/Personal Training
- Older Adults Trainer
- Advanced First Aid/CPR

### Bio

Jacqui's personal philosophy is 'move well'. She enjoys helping her clients improve their functional movement through dynamic training, therefore improving their daily life.