

Hayley Alley



Qualifications & Experience

- ✓ Fitness Australia Registered Personal Trainer
- ✓ Group Fitness Instructor – Freestyle & Les Mills Certified
- ✓ Core Yoga Instructor
- ✓ Certificate of Nutrition – Healthy Eating Principles
- ✓ Certificate III Children’s Services
- ✓ Working With Children Check
- ✓ Fitness Industry Experienced since 1999



Mum’s Fitness

I have exercised through two pregnancies myself and incorporated fitness and exercise into my own recovery programs. Health and wellbeing becomes a family affair once you become a parent and I am able to assist you with finding time to work-out, choosing the right type of exercise, technique instruction, working within your budget, helping you train with your children in tow!... Yes! You can bring your kids along if you need to, this is no problem and you certainly won’t be the first parent to need this option. As a parent, Personal Training can assist you with your:

- Energy
- Strength
- Core Muscle Recovery
- Fitness
- Stress Levels
- Self Confidence
- Flexibility....
- ...And more!

Weight Loss & Fitness Goals

My Personal Training is not just for Mum’s. I am experienced in training clients of all ages, male and female.

- Weight Loss
- Run Coaching
- HIIT Training
- Core-Yoga
- Recovery
- Fitness Training
- Energy
- Nutrition Guidance
- Goal Setting & Measurements.. And more!

Cost

If you don’t mind children in tow, the best value is Mum’s PT - Ask today about conditions of this great option! If you have a group of friends who would like to split the cost with you, I can arrange a group session time with you. Standard Personal Training timeslots are child free.

Personal Training 30 minutes	\$40 *additional person \$10 each	Personal Training 60 minutes	\$70 per session *additional person \$10 each
Personal Training 45 minutes	\$60 per session *additional person \$10 each	*Mum’s PT	\$25 *additional person \$10 each

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