

Tracy Hunter is a contracted Personal Trainer, based at AUT Sport & Fitness North Shore.

Tracy has successfully combined competitive body building and parenting with her Personal Training career so can fully understand the challenges of juggling a fitness regime. Her clients enjoy her total focus and dedication to see their results achieved and with the help of her expertise and limitless motivation, they never lose sight of their goals and will know exactly how to achieve them, in and out of the gym.

Tracy's varied areas of expertise range from toning and weight loss for women 40+ to overall fitness and strength at any age.



Specialising in:

- Weight Management
- Muscle Toning
- General Fitness
- Exercises for 40+
- Women's Health
- Body Building



Testimonials:

"I started training with Tracy in August 2008. I considered myself fairly fit when I first started but I've been amazed how Tracy's training has taken me to a whole different level of fitness. Each workout is challenging, but with her careful guidance and extensive knowledge, I always feel I'm in very safe hands. She keeps up my motivation by regularly revising and monitoring the program, all the while educating me on what we are doing, placing a lot of emphasis on correct form with each exercise." Kath Knight

"A session with Tracy is always fun, even the days that I don't feel I have the energy to get through even the warm up, she gets me motivated and helps to push me along. Her easy going, wonderful personality creates a relaxed, comfortable atmosphere and Tracy is always willing to listen to my needs and makes sure I get the best results possible." Anne-Marie Scown



Contact Reception now to schedule your **FREE** no obligation consultation to discuss your health and fitness goals. **Phone: 921 9747, Opt.1.**

