

AILEEN PEGG

I have been working out in gyms for over 30 years. My life experience is a definite advantage when working with members at the MARC as a good majority are matured aged people and “first timers”. The members that need my help are dealing with everyday functional movement like sitting down and getting up out of a chair, climbing the stairs on the bus and putting out the washing.

I am committed to making health and fitness a way of life not just a fad. I believe setting the example is the most important way of proving that I practice what I preach by showing my clients the benefits of healthy living and exercise.

Specific services offered

- Working with new members of the MARC
- Functional training and whole-body workouts
- 1 on 1 Personal Training
- Working with mature age adults

Qualifications and credentials

- Certificate in Fitness for older adults
- Certificate III and IV in fitness
- COTA: Strength for Life
- Principles of Sports Injury Rehabilitation

Contact Information:

Email: aileen.pegg@mandurah.wa.gov.au



ANGELA ZIMMERMANN

I've been in the fitness industry for the previous 10 years as a group fitness instructor and personal trainer. Over this period, I have gained extensive knowledge in strength training and have become passionate about females achieving their strength goals. I endeavour to support all my clients through a fun and interactive style of training. I make sure that all clients leave with a smile on their face and feeling like they have achieved their fitness goals.

3 years ago, I completed my Cert 4 in Nutrition and have since become a qualified Wellness and Nutrition Coach. Since becoming qualified in this field, I can offer 1 on 1 support in nutritional guidance and personalised menu plans to help you reach your goals.

I am an avid hiker who loves to push myself to my limits with challenging but achievable goals, and I am passionate to help people also set and achieve their own personal goals.

Specific services offered:

- One-on-one nutrition advice, menu planning and ongoing support
- Female strength and hypertrophy training
- Customised training and goal setting
- 4-, 6- and 8-week programs

Qualifications and Credentials:

- Certificate III and IV in Fitness

Contact Information:

Angela.zimmermann@mandurah.wa.gov.au



BAILEY MULLINS

I offer personal training sessions that are tailored to your goals and specialised programs that work around your schedule, past training experience and injuries/rehabilitation. I have a background in strength and conditioning coaching for athletes and have helped many achieve their goals for their selected sports. Finding a type of training you enjoy will keep you motivated and interested to make sure your hard work pays off and delivers the results you want. Let's work together to find a program that you will enjoy and give you the results you're after!

Specific Services Offered:

- Strength and conditioning training (individual or group)
- Power and plyometric programs
- One-on-one personalised sessions and programs
- Strength and hypertrophy training

Qualifications and Credentials:

- Certificate III and IV in Fitness
- Level 1 Strength and Conditioning Coach
- Certificate III Sport and Recreation
- Experience in delivering strength and conditioning programs to sports teams and academies

Contact Information:

Bailey.mullins@mandurah.wa.gov.au



VANESSA JANIEC

I'm passionate about functional training to improve movement patterns, increase muscular strength, and progress stability & mobility to support every daily life. I also understand one style of training does not fit all, so I create a personalised fitness program to suit the needs & abilities of everyone. I believe a fitness & health journey is never easy to start, so you only want to start once!

To keep your fitness journey moving forward it should be enjoyable, not a chore. I can create a fitness program to suit your changing goals & abilities to keep you advancing, so you can enjoy benefits like: Increased healthy athletic movement, strength & mobility across multiple planes, increasing bone density & balance, improved mental health & sleep, injury prevention, fat loss & muscle hypertrophy.

Specific services offered:

- Functional training and fitness coaching
- One-on-one and two-on-one training

Qualifications and Credentials:

- Certificate III and IV in Fitness
- Level 3 Spin Certification

Contact Information:

Vanessa.janiec@mandurah.wa.gov.au



TIM WATSON

After being in the fitness industry for 15 years, I have developed a diverse skillset and the ability to help you get the most out of your training. Specifically, I am heavily involved in triathlon and can develop programs for beginners looking to try the sport, as well as those who are more experienced. Aside from all things swim/bike/run, I also have experience with boxing for fitness and can push you further than you thought possible.

Specific Services Offered:

- Sport specific training for running and biking power/speed
- Functional movement training
- Boxing specific fitness

Qualifications and Credentials:

- Certificate III and IV in Health and Fitness
- THUMP Trainer Certified
- Foundation Triathlon Coach
- Les Mills and Cycle Excel Certified

Contact Information

Tim.watson@mandurah.wa.gov.au



ANDREA FELLOWS

I have been a Personal trainer here at the MARC for 8 years now. The 'Kettlebell girl', I am very passionate about these canon ball weights! Training with kettlebells simultaneously increases both your strength and cardiovascular endurance, a great choice for the time poor as your fitness and weight loss goals are still achievable, even whilst juggling that busy life. I also have a keen interest in training children, making sure that our younger members start their fitness journeys right! My workouts can be challenging, but I think you're more likely stick with it if you're having fun, so I strive to help you reach your fitness goals by working you hard, whilst ensuring you still have a smile on your face!

Specific Services Offered:

- Kettlebell training
- Strength training
- Functional training

Qualifications and Credentials:

- Fitness Instructor Certificate III and IV (Fit College)
- Kettlebell Coach: Beginner and Advanced (Bootcamp Australia)
- MetaPWR Instructor (Metafit Australia)
- Community Athletics Coach Level 1 (Athletics Australia)
- IAAF Kids Athletics Coach (Athletics Australia)

Contact Information:

Andrea.fellows@mandurah.wa.gov.au



ASH THOMSON

I specialise in helping people reach their goals in the most enjoyable, sustainable and safest way. Focusing on using correct technique to achieve the best results without injuries. I play both basketball and golf, and have experience in increasing my own vertical jump height and club head speeds, resulting in better performance in my sports. I have worked as the coach for ManVFat Mandurah in conjunction with UWA, helping the players lose a combined weight of 200kg in the first 12-week season alone.

Specific Services Offered:

- Customised training and goal setting
- Strength and hypertrophy training
- Sports specific training
- Power and plyometric training
- Olympic lift techniques
- 4,6- and 8-week training programs
- Nutrition advice

Qualifications and Credentials:

- Certificate III and IV in Fitness (South Metro TAFE)
- Personal Training (4 years)
- ManVFat Soccer Coach

Contact Information:

Ashley.Thomson@mandurah.wa.gov.au

