

MEET THE TEAM



KATE

GYM INSTRUCTOR

Kate has a Cert 3 /4 in Fitness as well as being a certified Les Mills BodyPump, BodyBalance, Core and RPM instructor and a mat/reformer pilates instructor.

Finding fitness through rehab for major injuries after a serious car accident, Kate strives to help others improve their enjoyment of exercise through the provision of motivating, dynamic and effective workouts and group exercise classes.

Outside of the gym, Kate is married with 3 children (one who has left home and lives in Perth) and 2 teenagers still living at home creating daily mess, as well as a dog and cat.



GURRI WANYARRA WELLBEING CENTRE

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