

MEET THE TEAM



JAMES

HEALTH CLUB COORDINATOR

James has a Cert 3/4 in Fitness and Thump Boxing Level 1 and 2. His love for movement and exercise originally stemmed from martial arts as a teenager. In the past he has done Muay Thai kickboxing, with one amateur fight, and was a Krav Maga Self-defense instructor for 5 years.

Now he is passionate about helping people to move injury free, become healthier and feel stronger.

Outside of work, James grows veggies and has a staffy cross called Lalu.



GURRI WANYARRA WELLBEING CENTRE

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