



SONIE LEE

Training Philosophy

One size doesn't always fit all. Let's set your goals based on what you need and achieve them together.

Qualifications

- Certified Personal Trainer (**NASM**)
- Corrective Exercise Specialist (**NASM**)
- Barre Intensity Instructor
- Grey Institute Female Chain Reaction: Biomechanics, Treatment and Training
- Red Cross CPR & AED

Training Areas

- General Fitness
- Strength and Hypertrophy
- Postural Correction and Stretching
- Weight Management
- Pre / Postnatal Training
- Post Injury or Surgery Training
- Elderly Training

Personal Interests

Olympic Weightlifting

Pilates

Gaming

Reading