



THE COUNTRY CLUB
JOHANNESBURG



Pamela Ndhlovu

Qualifications: National Certificate in Exercise Science

What I Do:

- Fitness consultant
- Strength training
- Weight management
- Physical transformations
- Strength and condition
- Senior fitness programming
- Toning and shaping
- Pre and post natal
- Weights and functional training
- Small group training

Experience:

- Virgin Active Gateway - Fitness Instructor 2015 - 2015
- Virgin Active - Personal Trainer 2015 - 2016
- Virgin Active - Personal Trainer 2016 - 2017
- Planet Fitness - Personal Trainer 2017 - 2018



Contact Pamela for more information & bookings
pamndhlovu25@gmail.com | 076 067 0221