



NESS MACDONALD PERSONAL TRAINER

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I provide challenging and rewarding sessions that will keep you motivated long-term. Together with your hard work and positivity, and my experience and enthusiasm, we can achieve your on-going health and fitness goals. My sporting history comprises of regional level representation in both body building and racquet sports, gold level achievement in ballroom and Latin American dancing, a few off-road half-marathons and more than 15 years teaching group exercise.

My Experience

NZQA National Certificate in Fitness Level III, Certified Group Exercise and Indoor Cycling Instructor, 15+ years fitness industry experience.

Training Style & Favourite Exercise

I truly believe the energy you expend exercising comes back to you in spades, as fuel for life. I focus my training around core strength and mobilising the entire body through whole body movement and multi-muscle exercises, but every client benefits from customised training. My favourite exercise has got to be the Burpee!