

DOLPHINS

FITNESS
AQUATIC

SUSANA LOPEZ

Sports and fitness has always been my passion and an important aspect in my life. Growing up, I played Volleyball for 16 years in my home country Spain. I decided to follow my passion for sports and became a Personal Trainer and Fitness instructor, and started a Personal Fitness Business with a rapidly growing clientele. After having my Daughter, which resulted with numerous injuries, mainly core and back, I discovered my love for Pilates. I commenced my Pilates Core Module with a Physiotherapist in 2011 which completely change my perspective on the fitness industry, evolving my focus to look at the posture of clients and how we could improve it by adding functionality and movement with fitness and Pilates principals. Shortly following with Reformer Pilates and Antenatal and Postnatal Training to really cater my clients and their needs. I am passionate about fitness, not only as an amazing tool for your physical wellbeing, but also for your mental health. As an educator I love constantly learning and upskilling so I can keep improving and sharing my knowledge with my clients.

Quote

Your body is your home - We must look after it inside and out.

What can you offer?

No nonsense approach body mind fitness connections where we aim for physical health while looking after the mental one too. I don't believe in fad diets or miracle creams but in consistency and perseverance brings show results, enabling you to live the best life you can.

I will be with you every step of the way supporting you throughout Lifestyle changes and education as my priority to get results.

I am not your ABC trainer, I love to think outside the normal and bring programs with plenty of variety, building from basics to more advance approach as needed using different machines including reformer and props focusing in mobility, functionality, balance and strength while using the principals of Pilates throughout core and flexibility.

Qualifications

- Bachelor in Educational Science
- Cert 3 and 4 in Fitness (Fitnace)
- Barre Concept Method (Barre Concept Emma Newham)
- Pilates Core Module (Pilates Institute of Queensland)
- Movement Screen: Screen and Assess for Movement Capacity and Injury Risk (Corrective Exercise Australia)
- Lower Body Function : From Rehab to Performance (Corrective Exercise Australia)
- Mat Pilates (Studio Pilates)
- Reformer Pilates (Studio Pilates)
- Modern post natal exercise (into you)
- Modern PregnancyExercise (into you)
- Nutrition advice while staying within scope of practice (Fitness education online)
- Battle rope essentials (Fitness education online)
- 4 steps to a successful bootcamp Level 1 (fitness education online)
- Effective and appropriate nutrition advice (Aus active learn)