



# YVONNE WOLKOWSKA

## QUALIFICATIONS -

Reps Level 3  
Power Plate Level 1  
Boxing  
V-core  
Gliding Training

## SPECIALISATION AREAS -

Pre Ski Training  
Weight Loss Nutrition  
Strength and Conditioning  
Core Stability and Posture  
Flexibility

## ACHIEVEMENTS -

In my native country Poland, I was a member of the national Tennis squad for 8 years and have taken part in international competitions. I have a Alpine Skiing, volleyball and tennis Representative and have fulfilled my dreams of working in the UK fitness industry. I have a proven record of helping clients at all levels of experience to identify and achieve their goals, through a wide range of exercise techniques and improved nutrition.

## INSPIRATIONAL QUOTES -

"The best coach is the one who makes you do what you hate to do, to achieve what you want to achieve"