



Kirsty Moore has worked within the fitness industry for the last 6 years. She is a qualified REPS Level 3 NASAM Personal Trainer and group fitness instructor.

Kirsty has embarked on professional development training to specialise in:

- Weight Management
- Health Screening
- Nutrition
- Core Stability
- Torso Training
- Spinning

Kirsty loves the opportunity to work with a variety of clients where she can support both groups and individuals achieve their health and fitness goals. She is a valuable asset to the Mindbody Solutions team supporting our services within organisations by offering health screening and lifestyle consultation.