



PERSONAL TRAINING | MEET OUR TRAINERS

Our trainers understand that different exercise regimes suit different people, which is why they work closely with you to devise a unique plan to meet your health and fitness objectives. By keeping you motivated, improving your technical skills, introducing you to new equipment and new exercises, your trainer will make sure every work out counts. Leave your excuses at the door and book your first training session today!



ADAM GRIMES PERSONAL TRAINER

“Keep it simple, fun and achievable with good intensity helped by clean nutrition”.

Available Monday – Friday
0401 962 681
agpersonaltraining@hotmail.com

Training Specialty

- Strength training
- Functional training
- High intensity training

Certifications

- Cert III & IV Fitness-Crossfit Level 1
- Level 1 Strength and Power Coach
- Group Fitness Qualified



GAYLENE MOLINIA PERSONAL TRAINER

“I am committed to developing and maintaining fit, healthy and happy clients”.

Available Monday - Thursday
0419 340 799
gmolinia@bigpond.net.au

Training Specialty

- Stress relief
- Sport specific
- Weight loss and toning
- Body building

Certifications

- Cert. III & IV Fitness
- Cert. I, II & III Pilates & Yoga
- Menofitness (Menopause)
- Kettlebell Training
- Suspension Training



VAN HUYNH PERSONAL TRAINER

“2 things I like:
1. Weight Lifting 2. Not Cardio”.

Please enquire for availability
0419 403 716
Huynhv87@gmail.com

Training Specialty

- Resistance & HIIT training
- Muay Thai Kickboxing
- Metabolic Precision

Certifications

- Cert. III & IV Fitness
- Metabolic Precision
- Kettlebell Level 1 & 2
- Metafit



LIZ MORRIS PERSONAL TRAINER

“Physical fitness and good nutrition is the key to achieving better health and indeed a better life”.

Available Tuesday, Wednesday & Friday
0412 878 117
dannnyandliz4@optusnet.com.au

Training Specialty

- Postural improvement
- Strength training
- Body composition
- Older adults

Certifications

- Bachelor of Education
- Cert. III & IV Fitness
- Total Gym Instructor
- Group Fitness Qualified
- Fitness Qualified

To book in your personal training session with one of our dedicated trainers please contact City Club reception on, 03 9653 4894 or ghmelbourne.cityclub@hyatt.com

OPENING HOURS

Monday to Friday | 6:00am to 8:00pm
Saturday, Sunday and public holidays | 8:00am to 8:00pm

Grand Hyatt Melbourne
Level 9, 123 Collins Street, Melbourne, VIC, 3000