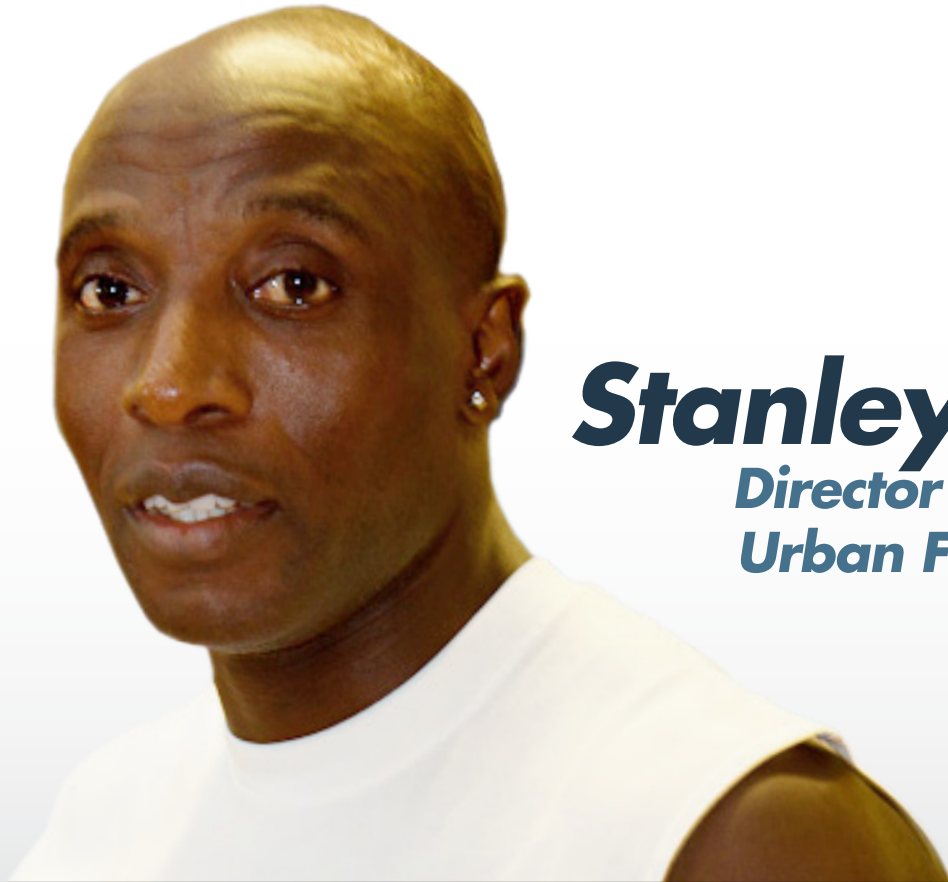




URBAN FITNESS
SOLUTIONS

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www.urbanfitness.com.au



Stanley Sithole

Director & Head trainer
Urban Fitness Solutions

Over the past 20 years he has honed his skills working with thousands of people helping them achieve their health and fitness goals. He is very passionate about life and believes strongly that optimal health and fitness should be a part of every person's life.

Stanley is an exceptional trainer and mentor.

Many whom have been privileged enough to train with him feel he has made a significant change to their life and way of thinking. He will take you on a journey you never thought you could achieving great results in training and your personal life. As a result he has many long-term clients.

His leadership skills and passion for health and fitness is evident instantaneously in meeting him and even more so in getting to know him. His personal discipline and determination in training and in life are second to none.

At Urban Fitness, it's all about





Qualifications

- . Cert III Australian Institute of Fitness
 - . Certified Fitness Instructor/Personal Trainer
 - . Gym Instructor
-

Experience

- . Twenty years resistance and endurance training
 - . Twenty Years Gym training
 - . Twenty years Martial Arts Training
 - . Military
-

Specialities

- . Mobile Personal Trainer
 - . Strength and conditioning
 - . Lifestyle Coaching
 - . Weight Loss Management
 - . Core Stability
 - . Boxing
 - . Martial Arts / Self Defence
 - . Excellent Nutritional Advice
 - . Rehabilitation
 - . Endurance Training
-

“ You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. ”

- Eleanor Roosevelt

