



MEET CHRIS FROM MELBOURNE, VIC

Hi I'm Chris Nayna. I'm a 28-year-old critical care registered nurse and fitness professional. I've been a health and fitness professional for the past 10 years and I'm passionate about helping others and learning. My core values and passions include physical and mental health, continuous improvement, purpose, ambition and altruism. You can typically find me moving, cooking or listening to podcasts and audiobooks.

WATCH CHRIS IN ACTION ▼



FITREC is a great way for the general public, clients or prospective employers to get an up-to-date snapshot of your work history, education and references.

MEET JAN FROM MOUNTAIN CREEK, QLD

I'm Jan Liow and I'm a professional and qualified instructor who's been in the health and fitness industry for over 25 years. Understanding the human body and perfecting technique is my specialty and my motivation is driven by the success of my clients. I love what I do and I believe in it. The beauty of Reflections Pilates classes is the intimacy of smaller groups leading to more of a one-on-one experience tailored to each person's needs. If being in a group does not appeal to you I offer a one on one service that is guaranteed to meet your expectations.



I came from New Zealand with numerous qualifications (including a degree in physical education), FITREC recognised all my qualifications and work experience without any stress whatsoever. The process was really easy and the team are always so helpful and generous with their time.