

Fitness and Aquatic Centres Personal Trainers



Elevate your fitness goals with personalised training sessions! We have a range of expert trainers who can design a tailored workout plan just for you, ensuring you achieve your desired results effectively and efficiently. Learn more about each of our trainers below.

If you are interested in booking a session, please email fitness@qut.edu.au



Daniel Setter

Strength and Conditioning Specialist

Dan has achieved his ASCA Level 1 Strength and Conditioning, Cert 3 & 4 in Fitness, and EXOS – Advanced Strength and Power certifications. For anyone wanting to work on their training techniques to get better outcomes, reach out to Dan.



Darcy Savage

Muscle Gain and Weight Loss Specialist

Darcy is a second year Exercise and Sport Science Student with his Cert 3 & 4 in Fitness qualifications. As a natural bodybuilder, Darcy has experience with clients who are wanting to focus on muscle gain and weight loss targets.

Personal Trainers contd.



Emma Holding

Strength and Conditioning Specialist

Emma holds a Bachelor of Exercise and Sport Science along with her Strength and Condition Level 2 certifications. Emma has a wide range of expertise including but not limited women's health, injury rehabilitation and other sport specific training.



Jocelyn Bong

General Health and Fitness Coach

Jocelyn (Joss) holds her Cert 3 & 4 in Fitness and a Certificate in Exercise Therapy. Her approach to clients is to support them through general health and fitness goals including gaining confidence in the gym environment.



Lachlan Papas

Muscle Gain and Weight Loss Specialist

Lachlan has his Cert 3 & 4 in Fitness and is completing a Bachelor in Exercise Physiology. He prides himself on supporting his clients through programs that he knows will provide results.

Personal Trainers contd.



Rodolpho Bortoletto

Box fit and General Health Coach

Rodolpho (Rod) is a Sport and Science graduate with a Cert 3 & 4 in Fitness and a Strength and Conditioning Certificate. Rod's skills in boxing allows him to guide his clients with technical precision. He is a great motivator and creates personalised plans that will help achieve your goals.



Christopher Williams

General Health and Fitness Coach

Chris has a Bachelor's in Clinical Exercise Physiology focused on rehabilitation and targeted training to support his clients through injury management. He works closely with his clients to cater programs to their needs.