

CLAUDIA CAVALLARO & GRACE CREMEN

EXERCISE PHYSIOLOGIST
STUDENTS



About Us

Claudia is an Exercise and Sports Science graduate and is currently completing her Master's in Exercise Physiology. Claudia has 10 years of experience playing soccer and 3 years of Reformer Pilates. Claudia is passionate about health and fitness as well as clean eating and has a strong passion for women's health and rehabilitation.

Grace is an Exercise and Sports Science graduate and is about to begin her Master's in Exercise Physiology. Grace has 8 years of experience playing AFL and 2 years of running. Grace is an Auslan student with her Cert II in Auslan, and on track to graduate as an Auslan Interpreter in 2029. Grace has a strong passion for inclusive environments and equal access to healthcare.

Specialties

- Pilates
- Soccer
- AFL
- Deaf culture and awareness
- Passion for learning

Mission Statement

Claudia and Grace believe that everyone should be happy and healthy, and have the ability to reach their full potential in their day to day lives.



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