

Caroline is a Personal Trainer, Fitness Instructor, Wellness Coach and Mentor she has worked in the fitness industry for over 10 years and currently runs her own business, Oz Fitbodz.

Caroline is passionate about helping others achieve their fitness and wellness goals. Her personal approach and dedication to her clients is what gets results. She inspires, educates, and challenges her clients to push forward and achieve beyond what they think they can do.

Caroline is a professional Trainer who genuinely cares about her clients. Caroline is from Sydney, Australia and enjoys the beach, music, cooking and spending time with her family and friends.