

Meet our Bootcamp Instructor



CHRISTIAN LOZADA

Exercise Physiologist / Instructor



Christian is just your fun and knowledgeable local trainer at Gym 707 in Rozelle!

He is an Exercise Physiologist and enjoys good vibes all round. He tries to stay active every chance he can get, even if its running the bay in under 29 minutes or in the gym lifting weights!

Christian has been around as an exercise physiologist for 5 years now and been around sport his whole life playing soccer and being a sprinter. He is big on league and soccer, and he supports the roosters and man united!

He hopes to see some of you around in the classes for some banter and fun exercises!