

KASEY PISANI

QUALIFICATIONS

- Bachelor of Physical Education and Sports Science

AREAS OF EXPERTISE

- Sport-specific training
- Strength and conditioning
- Muscle development
- Resistance and functional training

BIO

I was fortunate enough to grow up surrounded by close family members who were heavily involved with our local sporting clubs. This ignited my passion for physical education and an active lifestyle. From a young age, I was involved in playing competitive basketball, tennis and swimming for 12+ years.

Prior to her employment with Keilor East Leisure Centre (KELC), I gained exposure working at a local gym and grammar school. I utilised my capabilities to facilitate youth fitness classes while completing my studies in Physical Education and Sports Science.

Further to this, I have many years' experience assisting all ages of women in strength and conditioning training, tailored to age and competences. During this time, I witnessed many transformations which were great recognition of my work.

I've worked at KELC since the reopening. My favourite part of the role is to work with clients who are combatting difficulty in achieving their training goals. I strive to empower my clients and motivate them to reach their goals in their own way.



What's your favourite movie?

I don't have a favourite movie, but Grey's Anatomy would have to be my favourite TV show.

Top workout tip?

The body achieves what the mind believes.