

Ashley Myers

Bachelor of Applied Science (Exercise and Sport Science) – graduated 2005

Ashley is currently employed as the Training Academy Manager and Fitness Division Coordinator at Genesis Fitness Club, Doncaster. He is also a personal trainer and boxing instructor.

The job involves managing the fitness division at Doncaster, personal training clients and induction leader for new personal trainers Australia wide. Ashley also organises and sets up ongoing training courses for all Genesis clubs.

‘Changing people’s lives through positive lifestyle change in exercise and nutrition and seeing new personal trainers grow as people and as trainers through my management, teaching, support and friendship’ are the things Ashley gives as the most enjoyable part of his job.

Ashley’s states his career highlights to date have been ‘ one client starting at 137kg, decreased to 82kg over 12 months and now 94kg, with a gain of 12kg muscle’ and Induction Leader for two years, teaching new personal trainers through my experience’.

In the future Ashley intends to continue influencing the community through exercise and nutrition and managing personal trainers throughout Australia in the National Fitness Manager role.

Ashley stated what he enjoyed about doing his course at Deakin were ‘living on Burwood Student Village residence and learning from experienced people in the elite sporting field such as David Parkin, Peter Schokman, Andrew Dawson and Louise Burke’.

The Deakin course helped Ashley’s career by being recognised more highly compared to other personal trainers due to obtaining a university degree .