

Ana Maria

Age: 40

Comes from: Colombia

Started climbing: 2003

Fluent in:

English, Spanish, French

Favorite Climb:

Septumania 6B in El Dorado, Switzerland

When not climbing I'm:

Surfing, swimming, at the gym, baking and working on kitchen experiments

Favorite Movie:

Cinema Paradiso



Ana María has been passionate about sports and nutrition for all her life. Accumulating climbing experience of 10 years. She is a certified AMGA Climbing Wall Instructor, Routesetter, Certified Lifeguard and TRX trainer.

Such sporty activities demand a healthy and performance-oriented diet. So what started out as a necessity, cultivated a passion that eventually led to a profession as a Raw Food Chef.

Her classes combine TRX and body weight resistance training with a healthy food planning. Ana is excited to share her knowledge of the benefits of a healthy lifestyle and sports nutrition combined with training.

If you wish to learn more about how you can adapt climbing techniques and other resistance training to loose some weight and tone those muscles, or if you simply want to know more about guilt-free raw vegan desserts, contact Ana.

To get in touch with Ana email directly to: coach.ana@camp5.com
To find out more about Camp5's private coaching service drop us an email to climb@camp5.com or call during open hours at **03 - 7726.0420 / 0410**