



# Richard

As a personal trainer, I am keen to work with anyone who has a desire to learn and see positive changes in their lives. I have an extensive background in swim coaching but I also have experience training in many other areas such as basketball, volleyball, long distance running and yoga. I enjoy working with any and all types of clients and have worked with clients from 6-85 years of age. I believe that my education and experience make me the ideal trainer to help you achieve your goals.

## CREDENTIALS:

- CSEP Certified Personal Trainer
- NCCP Level 3 Certified

## EDUCATION:

- Personal Fitness Trainer Diploma

## TRAINING LOCATIONS:

- Kinsmen Sports Centre
- Clareview Community Recreation Centre