



# Xi

Xi has his master's degree in Kinesiology and has worked as a personal trainer for over 4 years. His personal training philosophy focuses on improving the well-being of his clients by empowering them with the knowledge, skills, support and guidance and on their journey to a healthier life.

Specifically, Xi helps clients in repairing and improving their functional movement, losing weight and core strength training.

## CREDENTIALS:

- CSEP Certified Personal Trainer
- YMCA Certified Instructor Trainer

## EDUCATION:

- Master of Science in Kinesiology

## TRAINING LOCATIONS:

- Terwillegar Community Recreation Centre
- Meadows Community Recreation Centre