



# Sandra

Sandra started her training career as an assistant trainer for the Alberta Sport and Development Centre North West in Fort McMurray, AB where she gained experience working with Junior Hockey and Baseball teams. Sandra discovered a passion for running in her third year of University and has since completed many half marathons, a full marathon, a sprint triathlon and for two years competed as part of a team in the Ultra marathon Sinister 7 and half of the Grizzly Ultra-marathon in Canmore. She also enjoys swimming, hiking, cross country skiing, backpacking, weight training and anything outdoors. Physical activity plays an important part in Sandra's life and she would love to inspire others to make it part of their own lives.

## CREDENTIALS:

- ▶ CSEP Certified Personal Trainer
- ▶

## EDUCATION:

- ▶ Bachelor of Science in Kinesiology
- ▶

## TRAINING LOCATIONS:

- ▶ Kinsmen Sports Centre
- ▶ Commonwealth Community Recreation Centre