

PERSONAL

TRAINER

My goals as a personal trainer are to help you achieve your goals, regardless of your initial fitness level. Whether you are taking the essential first step or improving on your routine, I am happy to share my enthusiasm for fitness and sport, and to help keep you motivated.

The Latin phrase “mens sana in corpore sano” means a healthy mind in a healthy body, and I believe that physical exercise is an essential component in an overall sense of wellbeing. I have been helping people improve their fitness here in Edmonton for the past 14 years. I welcome the opportunity to share my experience and knowledge and can design a program for you that suits your particular needs.



Zhauhara

CREDENTIALS:

YMCA Certified Personal Trainer
YMCA Strength & Conditioning
Specialist

EDUCATION:

Bachelor of Economics

TRAINING LOCATIONS:

Commonwealth
Kinsmen
Terwillegar