

PERSONAL TRAINER

Everyone needs a coach. No matter what kind of growth you are looking for (physical, mental, spiritual) I always believe having someone with you every step of the way is essential to your success.

As a personal trainer I will give you all the tools for sustainable success: safe technique, accountability, program structure/knowledge, nutrition strategy, and most importantly - some fun along the way!

Growing up in an active family, my love for fitness began at a young age playing hockey and soccer. I have been fortunate to work in the personal training industry for the last 7 years, and to have helped hundreds of clients in all ages and fitness levels.



Brantley

CREDENTIALS:

- ACE Certified Personal Trainer
- Orthopedic Exercise Specialist
- Sports Performance and Conditioning Specialist
- Precision Nutrition Certified

EDUCATION:

- Personal Trainer Fitness Diploma

TRAINING LOCATIONS:

- Coronation Park
- Kinsmen
- St. Francis Xavier