

# PERSONAL TRAINER

My goal as a Personal Trainer is to give you the tools to be empowered to create your healthiest self. I believe we all have different needs, abilities and goals, so with my guidance and support, and a strong fitness plan you will feel successful moving towards your goals through an active lifestyle.

Throughout the past 10 years of education and training I've developed skills to work with people from a wide range of abilities. Such as clients with Parkinson's, physical limitations, rehab and weight loss. Since we are all unique, our fitness sessions will be unique and will be specific to you.

So together, let's develop a lifestyle that works for you.



## Carla

### CREDENTIALS:

- CanFitPro Personal Trainer
- YMCA Personal Trainer/Fitness Instructor
- Active Aging Certification

### EDUCATION:

- Bachelor of Education Degree

### TRAINING LOCATIONS:

- Booster Juice Recreation Centre in Terwillegar