

# PERSONAL TRAINER

My fitness journey began with a serious injury that required multiple surgeries and an extensive rehabilitation process. This challenging period inspired me to cultivate a diverse skill set, allowing me to rebuild myself and emerge stronger.

Through this experience, I discovered a profound passion for helping others enhance their quality of life. I specialize in various areas including corrective exercise, aesthetic training, power and sports performance, and martial arts.



## Isa

**CREDENTIALS:**

- CanFitPro Personal Trainer Specialist

**EDUCATION:**

- Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

- Coronation Park
- Kinsmen