

PERSONAL TRAINER

From engineer and project manager to elite athlete and coach, Joanne combines technical skill with a passion for fitness. Believing in the power of sport to change lives, she now focuses on promoting well-being through movement.

With extensive experience in endurance sports and strength training, Joanne is certified as a Group Fitness, Aquafit and Taekwondo Instructor, and recently earned her Personal Fitness Training diploma. She is also a National Team taekwondo athlete with a 2nd Degree Black Belt.

Joanne has worked with clients of all ages and abilities, from seniors to high performance athletes. She brings energy, motivation and a strong grasp of body mechanics to help clients build strength, improve well-being, and move with confidence – for long-term physical and mental success.



Joanne

CREDENTIALS:

- CSEP Certified Personal Trainer

EDUCATION:

- Bachelor of Science in Electrical Engineering
- Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

- Booster Juice Recreation Centre in Terwillegar
- Coronation Park
- St. Francis Xavier