

PERSONAL TRAINER

I am willing to train any clients with a goal in mind. However, you have to be fully committed to an exercise routine. I am a non judgemental trainer who can design a program according to your needs. I enjoy training weight loss clients because I appreciate how they progress when I train them. I also enjoyed teaching the older population. A fitness routine should be a lifestyle and not be seasonal. I believe everyone can benefit from exercise. It doesn't matter what kind of exercise they are doing, as long it is doable and safe. My long-term goal is to work with weight loss clients and older population.



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CREDENTIALS:

- Corrective Exercise Specialist
- Youth Exercises Specialist

EDUCATION:

- Personal Fitness Trainer Diploma
- Kinesiology Diploma

TRAINING LOCATIONS:

- Clareview
- Commonwealth
- Londonderry