

PERSONAL TRAINER



Elaine

My goal as a personal trainer is to come alongside individuals who are looking to make a change in their lifestyle to move more, or refine what they are already doing. Physical fitness should be more than just exercise – it should be fun, functional and rewarding.

Whether you are looking for one on one training or small group training I would love to meet you.

CREDENTIALS:

AFLCA Certified Resistance
Trainer

EDUCATION:

NAIT Personal Trainer Diploma

TRAINING LOCATIONS:

Kinsmen
Terwillegar
Meadows