Delta

ANN

Personal Trainer



CERTIFICATIONS

- BCRPA-Personal Trainer
- BCRPA-Weight Training
- BCRPA-Older Adult

Specialties

- Strength Training
- Functional Training
- Older Adult Fitness
- Beginner Fitness

Fitness Industry Experience: 7 years

What Types of Clients Do You Enjoy Working With Most?

Beginners and older adult population.

Locations

- Sungod Recreation Centre
- North Delta Recreation Centre

Favorite Quote

"If there is no challenge, there is no change! Fitness is a journey, not destination."

Coaching Style

- Supportive
- Knowledgable
- Approachable

Favorite Exercise

Squats

Fun Fact

I've been a competitive swimmer. My future goal is to compete in long distance lake/ocean swimming.

For more info about Personal Training, visit **delta.ca/Fitness**, email personaltraining@delta.ca, or call 604-952-3000.