Delta

CAMERON

Personal Trainer



CERTIFICATIONS

- CFES-Weight Training and Personal Training
- BCRPA-Fitness Theory

Specialties

- Strength Training
- Functional Training
- Older Adult Fitness
- Sport Specific Training
- Beginner Fitness
- Adapted Fitness
- Athletic Performance

What Types of Clients Do You Enjoy Working With Most?

- Athletes, older adults, and people new to the gym.

Locations

- Sungod Recreation Centre
- North Delta Recreation Centre
- Ladner Leisure Centre
- Winskill Aquatic and Fitness Centre

Favorite Quote

"Sometimes good things fall apart so better things can fall together."

Coaching Style

- Positive
- Fun
- Supportive

Favorite Exercise

Single-leg RDLs

Fun Fact

I can identify the flag of any country.

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