Delta

CHARMAINE

Personal Trainer



CERTIFICATIONS

- Canfitpro - Personal Training Specialist
- B. Ed.

Specialties

- Strength Training
- Functional Training
- Athletic Performance
- Beginner Fitness
- Older Adult Fitness
- Sport Specific Training
- Mobility and Flexibility
- Rehab and Injury Prevention

What Types of Clients Do You Enjoy Working With Most?

Women who are looking to get stronger! I enjoy working with clients to overcome challenges and help them feel their best.

Locations

- Ladner Leisure Centre
- Winskill Aquatic and Fitness Centre

Coaching Style

- Encouraging
- Knowledgable
- Client-centered

Favorite Exercise

Cable Squat Row

Goal

Work with the many women needing guidance to cut through the fitness noise & find a program that works for them.

Fun Fact

I'm an active outdoor enthusiast and huge plant nerd!

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