Delta

MICHELE

Personal Trainer



CERTIFICATIONS

- BCRPA-Personal Trainer
- BCRPA-Weight Training
- BCRPA-Group Fitness
- BCRPA-Older Adult
- BCRPA-Osteofit
- BCRPA-Aquatic Fitness

Specialties

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

Fitness Industry Experience: 15 years

What Types of Clients Do You Enjoy Working With Most?

Anyone willing to put in the effort.

Locations

- Ladner Leisure Centre
- Winskill Aquatic and Fitness Centre

Favorite Quote

"If I was easy, everyone would do it."

Coaching Style

- Friendly
- Knowledgable
- Approachable

Favorite Exercise

Deadlifts

Fun Fact

I am very competitive, I push myself until there is nothing left.

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