Delta

MIKEY

Personal Trainer



CERTIFICATIONS

- BCRPA - Personal Trainer, Weight Training, Group Fitness
- Pain-Free Performance Specialist Certification (PPSC)
- Bachelor Of Physical Education & Coaching - Kinesiology

Specialties

Strength Training, Functional Training, Older Adult Fitness, Rehab and Injury Prevention, Mobility and Flexibility, Athletic Performance, Beginner Fitness, Adapted Fitness, Exercise and Chronic Conditions, Specialty Populations.

Fitness Industry Experience: 4 years

What Types of Clients Do You Enjoy Working With Most?

- Older Adults
- Younger Adults
- Sport Specific Teens

Locations

- Sungod Recreation Centre
- North Delta Recreation Centre

Favorite Quote

"*One day or day one, you decide.*" — The Rock

Coaching Style

- Knowledgable
- Results-focused
- Supportive

Favorite Exercise

Zercher Squat & Strongman Sandbag Front Carry

Fun Fact

I love skiing Whistler Blackcomb. It's my favorite way to stay active and keep my legs strong!

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