Delta

REYCIAN

Personal Trainer



CERTIFICATIONS

- BCRPA-Personal Trainer
- BCRPA-Weight Training
- UBC-BKIN

Specialties

- Strength Training
- Functional Training
- Training with Youth
- Sport Specific Training
- Athletic Performance
- Beginner Fitness
- Specialty Populations
- Older Adult Fitness
- Rehab and Injury Prevention

Fitness Industry Experience: 4 years

What Types of Clients Do You Enjoy Working With Most?

- Everyone! Fitness benefits anyone who partakes in it.

Locations

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

Favorite Quote

"Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime."

Coaching Style

- Supportive
- Positive
- Fun

Fun Fact

You can receive benefits from exercise all the way to the ninth decade of life!

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