Delta

ROBAN

Personal Trainer



CERTIFICATIONS

- BCRPA-Personal Trainer
- NASM-Personal Trainer

Specialties

- Strength Training
- Functional Training
- Training with Youth
- Sport Specific Training
- Mobility and Flexibility
- Athletic Performance
- Beginner Fitness
- Adapted Fitness

Fitness Industry Experience: 3 years

What Types of Clients Do You Enjoy Working With Most?

- Clients committed to change, consistency, and achieving their fitness goals.

Locations

- Sungod Recreation Centre

Favorite Quote

"Trust in dreams, for in them is hidden the gate to eternity."
— Kahlil Gibran

Coaching Style

- Patient
- Fun
- Supportive

Favorite Exercise

Lunges

Fun Fact

I can never say no to tacos or sushi!

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