Delta

ROBY

Personal Trainer



CERTIFICATIONS

- BCRPA-Personal Trainer
- BCRPA-Weight Training

Specialties

- Strength Training
- Functional Training
- Older Adult Fitness
- Mobility and Flexibility
- Beginner Fitness

Fitness Industry Experience: 3 years

What Types of Clients Do You Enjoy Working With Most?

Clients committed to their well-being and passionate about making positive changes in their life.

Locations

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

Favorite Quote

"Your greatest investment is your health; every day is a chance to add to it. "

Coaching Style

- Patient
- Motivating
- Fun

Favorite Exercise

Bench Press

Fun Fact

Apart from strength training, I also enjoy playing snooker.

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