Delta

TRAVIS

Personal Trainer



CERTIFICATIONS

- Bachelors in Physical Education & Coaching (Specialization in Kinesiology)

Specialties

- Strength Training
- Functional Training
- Older Adult Fitness
- Training with Youth
- Sport Specific Training
- Rehab and Injury Prevention
- Mobility and Flexibility
- Athletic Performance
- Beginner Fitness
- Adapted Fitness
- Exercise and Chronic Conditions
- Specialty Populations

Fitness Industry Experience: 3 years

What Types of Clients Do You Enjoy Working With Most?

Clients that want to challenge themselves for a specific goal or for activities in life.

Locations

- Sungod Recreation Centre
- North Delta Recreation Centre

Favorite Quote

"Surround yourself with people who fill your cup!"

Coaching Style

- Approachable
- Supportive
- Motivating

Favorite Exercise

Bulgarian Split Squat

Fun Fact

I love to travel! I work with the local junior hockey team the Delta Ice Hawks as their trainer!

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