Delta

YOLANDA

Personal Trainer



CERTIFICATIONS

- BCRPA-Personal Trainer
- BCRPA-Weight Training
- BCRPA-Group Fitness
- BCRPA-Older Adult
- BCRPA-Osteofit

Specialties

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

What Types of Clients Do You Enjoy Working With Most?

- I am passionate about helping adults of all ages.

Locations

- Sungod Recreation Centre
- North Delta Recreation Centre

Coaching Style

- Motivating
- Patient
- Fun

Fun Fact

I believe that age is never a limit to discovering what you are capable of.

As a hybrid athlete and fitness enthusiast, I enjoy challenging myself through strength, endurance, and functional training. I love inspiring others by showing that it is never too late to challenge yourself, achieve new goals, and embrace an active lifestyle.

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