

# PERSONAL TRAINER

My goal as a personal trainer is to come alongside individuals who are looking to make a change in their lifestyle to move more, or refine what they are already doing. Physical fitness should be more than just exercise – it should be fun, functional and rewarding. Whether you are looking for one on one training or small group training I would love to meet you.



## Elaine

**CREDENTIALS:**

AFLCA Certified Resistance  
Trainer

**EDUCATION:**

NAIT Personal Trainer Diploma

**TRAINING LOCATIONS:**

Kinsmen  
Terwillegar  
Meadows