

# PERSONAL

# TRAINER

Sport and fitness have always played a big role in Renata's life. Renata played hockey on the Czech National Women's team as well as 3 years with the NAIT Oaks, while she earned her Personal Fitness Training diploma.

Renata is still actively involved with hockey, playing and coaching. Renata has experience working with wide variety of clients including elderly, weight loss, and high performance athletes.

She believes that improving your fitness will not only help you achieve your goals but become a better version of yourself.

Whatever your goal is, Renata would love to work with you to create a structured plan to get you on the right track.



## Renata

**CREDENTIALS:**

CSEP Certified Personal Trainer  
YMCA Group Fitness Instructor  
Alberta Cancer Exercise Instructor

**EDUCATION:**

Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

Terwillegar