

PERSONAL TRAINER

I am a personal trainer and recreation therapist. I love helping people crush their personal bests and weight-loss goals, My other passion in training truly lies in special populations; helping people regain their function in injury management (acute or chronic), smartly assisting women through pre and postnatal periods of life, and giving our aging population strength and stamina to continue the lifestyle they so desire.

I am here to help.



Naomi

CREDENTIALS:

CSEP Certified Personal Trainer
Fit4Life Pre and Postnatal Exercise
Specialist

EDUCATION:

Personal Fitness Trainer Diploma
Therapeutic Recreation Diploma

TRAINING LOCATIONS:

Terwillegar
The Meadows
Mill Woods