



Monique

My fitness journey started back in the fall of 2006 as an ex-smoker and someone looking to lose weight. Crazy as it sounds I started my journey actually learning how to run. Thus far I have enjoyed a multitude of distances from 5km to completing 100miles from road running, trail running, mountain running and even obstacle runs. I have dabbled a bit into triathlons but could not fathom open water swims however enjoying road biking on the open roads. Which then led into becoming a fitness instructor in which I instruct a various array of classes from resistance to spin to yoga. Personal Training was just the next step. I feel that my personality best suits someone looking into becoming a stronger runner, beginner triathlete, a beginner, weight loss clients or you are someone that has been newly diagnosed, in your journey or a breast cancer survivor.

CREDENTIALS:

- ▶ YMCA Personal Trainer
- ▶ YMCA Fitness Instructor Resistance & Spin

TRAINING LOCATIONS:

- ▶ Terwillegar Community Recreation Centre