

PERSONAL TRAINER

I take a client-first, evidence-informed approach to training. I start by understanding your goals and barriers, then build a sustainable plan using exercise physiology principles to improve your strength, mobility, and overall movement quality.

With 10+ years of experience in coaching and performance training, including a background in professional volleyball, I focus on clear communication, accountability, and safety to help you achieve goals like general fitness, strength gains, or returning to activity.



Daniel

CREDENTIALS:

- CSEP Certified Personal Trainer
- Registered Kinesiologist

EDUCATION:

- Master of Physical Education (Exercise Physiology)
- Bachelor of Physical Education

TRAINING LOCATIONS:

- Clareview
- Commonwealth
- Coronation
- Kinsmen
- Londonderry