

PERSONAL TRAINER

Fitness is my passion. I love helping people reach their lifestyle goals—from sport training and weight loss to maintaining independence in older age. I enthusiastically support clients in feeling better, whether through rebuilding strength after injury, increasing mobility, or gaining muscle. Wherever you are on your fitness journey, I'm here to help!

I have over seven years of personal training experience and continuously expand my fitness knowledge. I've worked with diverse clients, including older adults, pre/postnatal mothers, and young athletes. I focus on finding what works best for your body. Together, we'll build a plan that matches your lifestyle and schedule. I look forward to working with you!



Hailey

CREDENTIALS:

- **CSEP** certified personal trainer
- **AFLCA/Fitness Alberta** Pre/Post Natal, Aqua Instructor, Ever Active Kids, Mind Body Instructor, Choreography Instructor

EDUCATION:

- Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

- Commonwealth
- Coronation Park
- Grand Trunk
- Hardisty
- Kinsmen
- Londonderry