

PERSONAL TRAINER

Over the years of training, I have come to realize that simplicity is one of the keys to success. This does not mean training is simple, but rather that we need to simplify our training and prioritize what is most important.

I have experience working with a variety of individuals and groups: including new exercisers, athletes, seniors, and people living with disabilities.

I teach skill development, encourage self-efficacy, and plan for longevity in all those who I work with. My goal is to leave my students stronger, more confident, and more likely to keep training.



John

CREDENTIALS:

- NSCA Certified Strength and Conditioning Specialist
- Strongfirst SFG 1 Kettlebell Instructor

EDUCATION:

- Bachelor of Arts
- Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

- Coronation Park