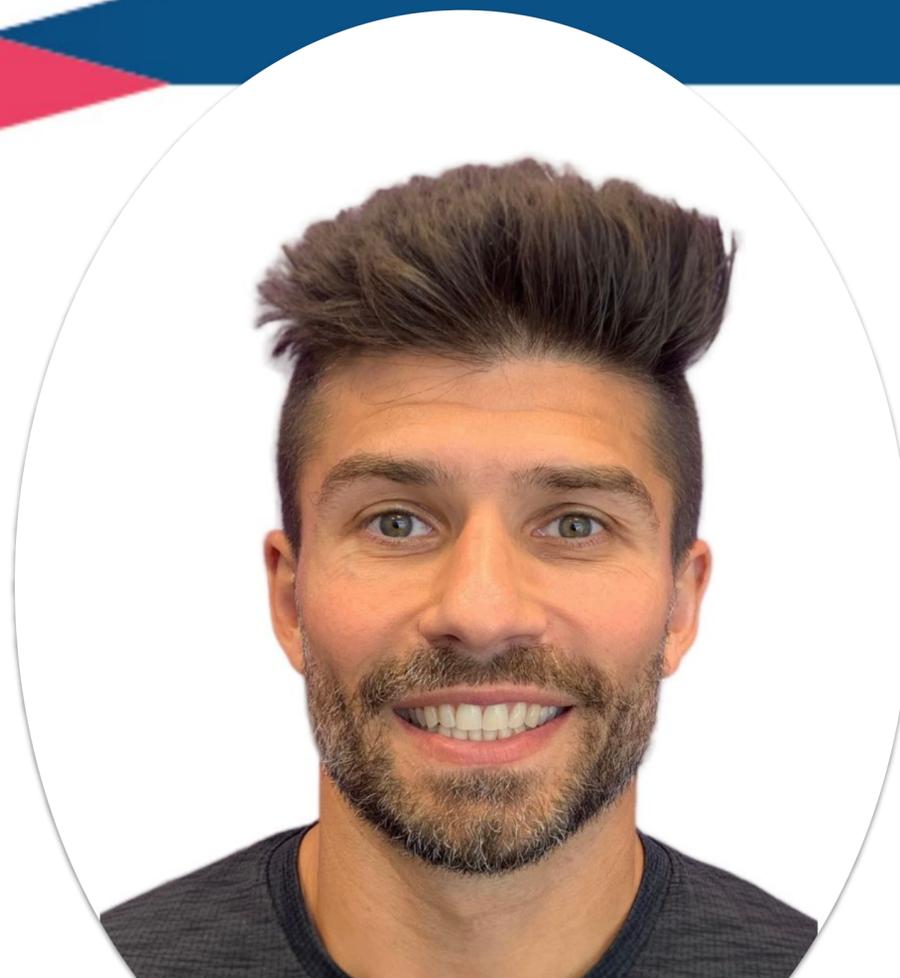


PERSONAL

TRAINER

Every day I get to help people from young student-athletes to lifelong movers—build skills that last. As a physical education teacher, I work with youth at every ability level, helping them build skills, confidence, and a lifelong connection to movement. That same approach guides my work in the gym. I meet you where you're at, build a plan that fits your ability, and helps you progress with clarity and purpose. Helping people move well whether they're young athletes, beginners, or seasoned gym-goers is the part of my work I enjoy most.

I enjoy working with clients of all ages from brand-new to experienced lifters and I take pride in creating programs that are adaptable, sustainable, and rooted in evidence-based training. Whether your goal is to get stronger, move without pain, or push your performance, I'm here to support your journey.



Scott

CREDENTIALS:

- NSCA Certified Strength and Conditioning Specialist
- Pain-Free & Lifelong Performance Specialist
- BioForce Certified Conditioning Coach
- Overtime Athletes Performance Coach

EDUCATION:

- Bachelor of Education

TRAINING LOCATIONS:

- Commonwealth
- Coronation Park
- Grand Trunk
- Hardisty
- Kinsmen
- Londonderry
- O'Leary