

Julia N.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training** -
- **Small Group Training** -
- **Semi-Private Training** -

"Coaching and motivating others to achieve their health and fitness goals rapidly became an integral part of my professional career.

As someone who has spent many years tutoring students in a variety of areas and is currently pursuing a career in teaching, I have a lot of experience guiding and helping individuals. My goal as a trainer is to make my clients feel comfortable in their own skin by designing a program that caters to their individual needs, whether that be muscle gain, weight loss, conditioning or building strength. Fitness and general well-being have always played a significant role in my life, so the chance to share my expertise and enthusiasm with my existing and potential clients makes me immensely happy."



Luca C.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified
- Bachelor's Degree in Kinesiology

Provides:

- **1 on 1 Training** -
- **Semi-Private Training** -
- **Small Group Training** -

"I have a passion for physical fitness and wellness that I am excited to share with my clients and assist them to achieve their goals. What I hope to bring to clients is a safe and effective way of engaging in workouts with an emphasis on injury prevention and rehabilitation of muscular imbalances. I've spent the last 6 years acquiring the knowledge necessary to provide others with the best service possible and I look forward to meeting all of you and training with you!"



Mateo M.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training** -
- **Semi-Private Training** -
- **Fitness Assessments** -

"I have had a huge passion for exercise since I was young, and I noticed how people can achieve a better quality of life from self care activities like strength and mobility exercise. I graduated from the Humber College Health and Fitness Promotion program. I have helped many clients of all ages reach their personal fitness goals. Whether it be weight loss, increasing strength or cardio. Give me a chance to change your life through physical fitness. Stop by the office to book your complimentary assessment with me. I am looking forward to meeting you."



Kevin F.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training** -
- **Kickboxing Classes** -

"After participating in many team sports as a youth, I decided to enter the world of martial arts as a teenager. This is where I became knowledgeable in many disciplines including wing chun, jeet kune do, kickboxing, wrestling and sanda/sanshou. While training in martial arts I was also able to absorb various modalities of strength and conditioning, which peaked my interest in athletic and functional training resulting in over 10 years of knowledge. During this time, I have directed many individuals towards vastly different goals ranging from weight loss, mobility, stability training, hypertrophy and specific sport training (competition preparation) and more.

It's a passion of mine to help any motivated person reach their goals no matter who they are. If you're ready, come reach out so we can achieve those goals together and work towards life lasting changes."



Isabela M.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified - CrossFit LEVEL II Trainer
- Bachelor's degree in Physical Education

Provides:

- **1 on 1 Training** -
- **Small Group Training** -
- **Semi-Private Training** -
- **Fitness Classes** -

"I specialized in weight loss and female physical conditioning. I work with Functional Training, Bodybuilding, Powerlifting, Olympic Weightlifting and Kickboxing.

Since I was little, I've been adventurous. I love going on a trail, being surrounded by nature, and moving around. I can't stand still! I love helping people and I found a way of doing that in Physical Education. It warms my heart to see my clients making progress and chasing a healthier life and naturally turning that routine into a lifestyle. My methodology put together all the experience I have acquired throughout the years transforming lifestyles and giving more hope, joy, and confidence to several clients who were not motivated and are unsatisfied with their own bodies. How can I help you? What is your goal?"



Juliana R.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training** -
- **Small Group Training** -
- **Semi-Private Training** -
- **Fitness Classes** -

"I have developed a love for health and fitness from playing sports all my life, to studying Fitness and Health Promotion at Humber College. I have learned how important fitness is for mental and physical health which is why I am very passionate in helping others achieve their goals by motivating and supporting them to become stronger, happier and healthier individuals.

As your trainer, I will personally work with you through your journey- whether that be weight loss, conditioning, gaining strength, or increasing mobility and design a personalized program that fits all your needs in a fun, safe and effective way!"



Mercedes R.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training** -
- **Small Group Training** -
- **Semi-Private Training** -
- **Fitness Classes** -

"I am a personal trainer certified with Bryan College for health and fitness and have completed my certification with NASM. I am currently taking a course for pre/post natal training to better help and train expecting mothers.

My goal as a personal fitness trainer is for my clients to feel safe and confident when training or when joining my fitness classes. It is extremely important to me that each individual feels that they belong regardless of training experience, age, gender, or body type. I create detailed programs for each of my clients that will meet with their personal fitness needs, whether it be strength, flexibility or cardiovascular improvement, i can help you. Fitness should be fun and exciting. Give me a chance and you will fall in love with being fit too."



David O.

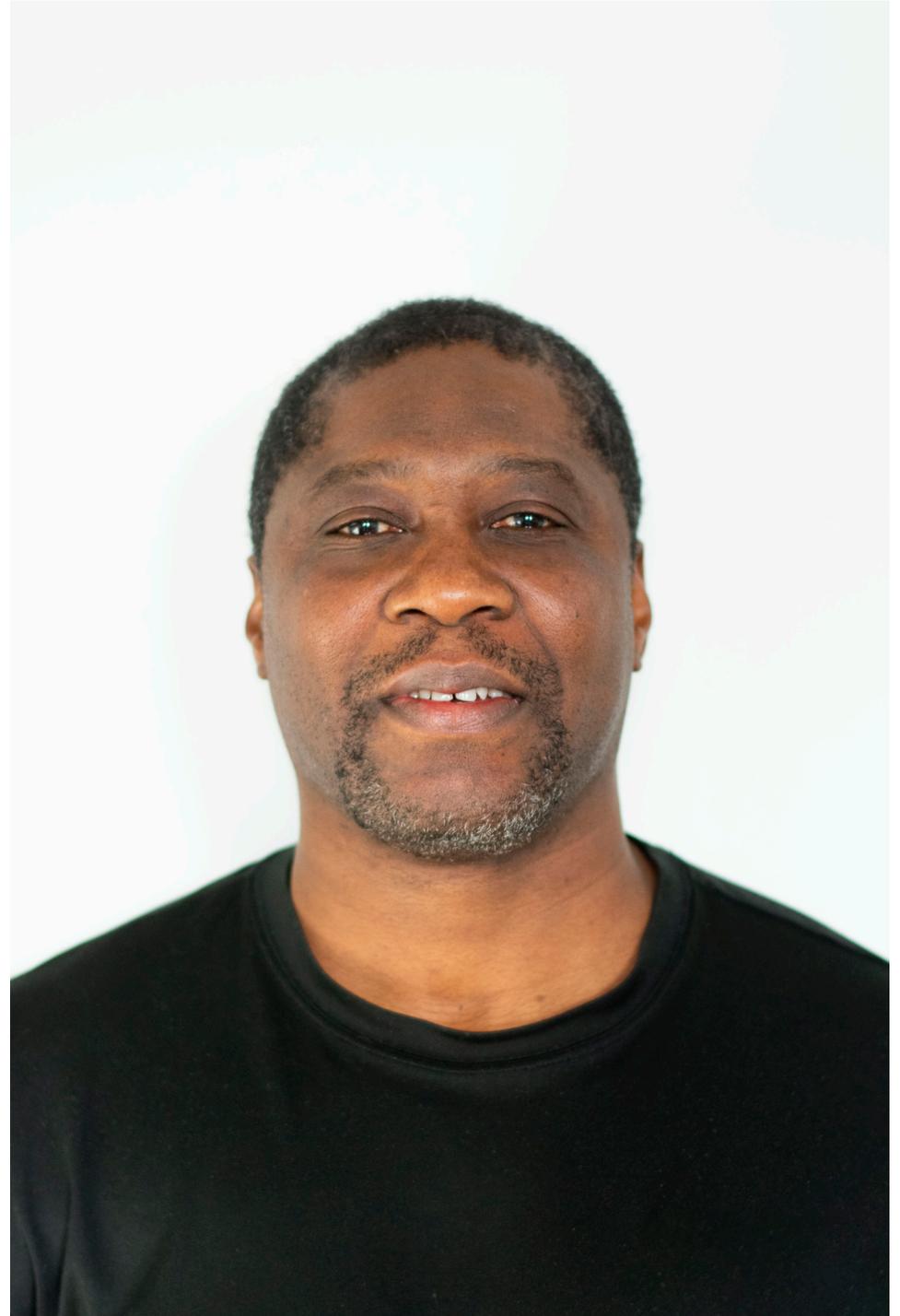
Qualifications:

- Registered Kinesiologist
- College of Kinesiologists of Ontario (CKO)
- Canadian Exercise Physiologist CSEP SCPE
- MSK Management of low back pain for primary care provider, faculty of Medicine, University of Toronto
- CPR/AED First Aid Certified

Provides:

- Private Kinesiology Services -

"I have been active in Health, fitness and rehabilitation for over 20 years, specializing in health and lifestyle coaching, injury rehabilitation, sports performance and nutrition/metabolism. Helping people to reach their health, activity and performance goals is very rewarding. I am inspired and energized by those who are committed to long-term development and boundless growth. I am highly experienced with soft injury tissue rehabilitation. Advanced knowledge and understanding of the human anatomy, physiology and biomechanics."



Tony M.

Qualifications:

- CSEP-CPT Canadian Society of Exercise Physiology
 - CPTN-CPT Certified Personal Trainer's Network
- GRAY INSTITUTE:
- ACTIVE AGING - Rehab and Training for the Aging Population
 - CAFS - Certification in Applied Functional Science and Corrective Exercise
 - FSTT- Functional Soft Tissue Analysis and Treatment
 - 3D MAPS – Three-Dimensional Movement Analysis and Performance System

Provides:

- 1 on 1 Training -

"I have worked as a personal trainer for 25 years and I have taken pride in helping people move, look and feel better. My focus is in the field of applied functional science. AFS is an integrated approach used to evaluate, rehab, train and condition the body.

It blends the principles of the physical, biological, and behavioral sciences to help create truly individualized mobility, stability and strength programs that meet the needs of all populations. I like to help identify and treat the root cause of dysfunction in the body instead of treating symptoms.

All my programs are tailor-made to match the goals and needs of all my clients. My goal is to empower your mind, body, and spirit to help you achieve your true potential."



Grace B.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training -**
- **Fitness Classes -**

"Hello! I'm Grace. I am a 3rd year Kinesiology student at York University. I am passionate about how our bodies work and helping clients feel good about themselves by creating a fitness plan that works them.

For me, a healthy lifestyle is more than just lifting weights or cardio. It's about stretching, warming up, eating healthily, and getting necessary rest and enough sleep. I love helping clients understand what their bodies are capable of doing. I want my clients to achieve a well-balanced lifestyle that will minimize the risk of future health-related issues

My interest is in preventive section of health and working with our aging population to keep them healthy and active. It takes motivation, determination, and consistency to succeed, and yes, there may be a few hurdles along the way, but I am here to help you reach your goals, feel good, and be more confident on your journey."



Felipe D.

Qualifications:

- Certified Personal Trainer
- CPR/AED First Aid Certified

Provides:

- **1 on 1 Training -**
- **Group Fitness Trainer -**
- **Tennis & Soccer Coaching -**

Meet Felipe, a charismatic personal trainer who brings a Latin flair to fitness. With a large background in both tennis and soccer coaching, Felipe will get your body moving and grooving. But don't let his fun-loving personality fool you, he holds a degree from a prestigious college and has the knowledge and expertise to help you reach your fitness goals in a safe and effective manner. Whether you're looking to improve your flexibility, increase your stamina, strength, or just want to have a good laugh while training, Felipe is the perfect trainer for you.

So why wait? Get ready to sweat, and have a blast with Felipe!

