

PERSONAL TRAINING

Personal Training is not just for elite athletes and celebrities! Everyone can benefit from a session with one of our highly qualified trainers. If you're just looking for a new program design, one of our trainers will customize an exercise program based entirely on your fitness needs and time constraints. If you want more help, multiple sessions provide motivation and on-going feedback, continually assessing your strength, endurance and flexibility – in essence improving the effectiveness of your workouts. No matter what your needs and goals, personal trainers can provide you with a safe, informative and results-oriented environment in which to exercise.

PERSONAL TRAINING SERVICES

Our Personal Training Staff can assist you with any of your fitness needs:

- Health and functional fitness training
- Sport-specific prescription and training
- Personalized program design
- Fitness and health testing
- Goal setting and lifestyle counseling
- General nutrition information

Book your **FREE** 30 min consultation to see if Personal Training is right for you.

The consultation varies slightly depending on the client and trainer but generally involves aspects of goal setting, medical and exercise history, and some functional movement testing.

For more information about Personal Training, including the rates, please pick up one of our brochures

Our trainers are available to you as a fee-based service.

PERSONAL TRAINING STAFF

Personal Trainers and their bios are listed below:

Andrea Cheung



Education: B.Sc., Exercise and Health Physiology, U of C.

Certification: CPT (CSEP)

Background/Experience: I have always had a passion for health and fitness and sharing my knowledge with others, which has led me to study and work in the health and fitness industry. As a new employee to Health Systems Group, I bring to the table experience in rehabilitation training, diabetes research (U of C Faculty of Medicine), and working as the Athletic Therapist for the Bowview Adult Day Program. My favourite recreational activities are snowboarding, running (ran the Victoria Half Marathon), playing soccer, and any activity that involves going to the mountains.

Steve Johnson



Education: Bachelor of Kinesiology with Distinction, UVic

Certification: CPT (CSEP)

Background/Experience: Having grown up on Vancouver Island, I have always loved the adventures that the outdoors offer. The mountains outside of Calgary are my playground; whether it is hiking, camping, x-c skiing, snowshoeing, river surfing, or trail running, I train for all activities. I moved to Calgary in 2005 and have been personal training ever since. I recently have taken up the sport of Parkour, this discipline places tremendous emphasis on total body conditioning. I bring this focus to every one of my training sessions. No matter what your goal, focusing on conditioning the whole body and mind will significantly enhance your results.

Curtiss Matson



Education: B.Sc., Exercise and Health Physiology, U of C.

Certification: CEP, CSCS, AFLCA resistance training

Background/Experience: I come from a sporting background that includes playing hockey, basketball, squash, baseball and any other game I could find. Since I started in the fitness field, I have worked with many people of all levels (from beginners to elite athletes) and from a variety of backgrounds. I recently returned from a 6 month deployment embedded with the Canadian Forces in Afghanistan where I was reminded of the importance of the classic training styles. Since returning home, I have started taking a more hybrid approach to training incorporating both classic and more modern exercises and techniques, to return to a system of truly “functional” training.

Tara Trampuh



Education: B. Kin., Mind Sciences, University of Calgary

Certification: CSEP- CEP, TRX certified.

Background/Experience: I work with clients from beginners to athletes (various different sports) helping each client to reach their goals whether it is to increase lean muscle mass or weight management. I also teach fitness classes such as boot camps, half and half (combo of strength training, core and cardio). I have an experienced background in weight management, injury rehabilitation, and chronic diseases and disorders. My specialization is functional training and core strength.

Ross Williams



Education: B.A (UPEI); PFT Diploma (NAIT)

Certification: CPT (CSEP)

Background/Experience: While chasing a degree in Political Studies, I discovered the benefits of healthy living through exercise. This change in lifestyle eventually led me into the fitness industry, where I've been for the past five years. I began my studies at Mount Royal College, and recently upgraded to a Personal Fitness Trainer diploma from NAIT. I believe that fitness is a vital part of the overall health of the individual - physically, psychologically and emotionally - and hope my example can help and inspire others.