

# PERSONAL TRAINER

As a coach, I create inclusive, personalized fitness experiences for all. Whether you aim to boost strength, increase energy, or build confidence, I'm here to help you reach your fitness goals. My collegiate basketball background instilled the importance of teamwork and motivation, which I bring to my coaching. I enjoy working with fitness newcomers, those returning after a break, or anyone needing a tailored approach. I specialize in programs designed to achieve your specific objectives, from personal bests to improved endurance or strength. Seeing clients grow physically and mentally is my greatest reward. We'll work at your pace in a supportive, motivating environment to make your fitness journey enjoyable and successful.



## Allison

**CREDENTIALS:**

CSEP Certified Personal Trainer  
NASM Corrective Exercise  
Specialist

**EDUCATION:**

Bachelor of Kinesiology  
Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

Kinsmen Sports Centre  
Commonwealth Community  
Recreation Centre