

PERSONAL

TRAINER

Sara is passionate about helping others find what they love about fitness and is always looking for ways to stay active and keep that fire burning. She grew up playing competitive soccer and has participated in sports such as golf, skiing, snowboarding, skating and slopitch.

Sara started her career as a Personal Trainer with the Canadian Armed Forces, working with a variety of fitness levels from beginners to athletes.

Using individualized training programs tailored to your needs, she will work with you to reach your goals and help you to set new ones along the way. Sara feels strongly about prioritizing your health and fitness for a better quality of life, and is looking forward to supporting you on that journey!



Sara

CREDENTIALS:

CSEP-Certified personal trainer
YMCA- Personal Trainer
CAF Fitness & Sports Instructor 1&2
FMS- Level 1
FMS- Level 2 Corrective Strategies
FMS- Function Breathing Screen

EDUCATION:

Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

Kinsmen, Grand Trunk, Clareview,
The Meadows, Commonwealth,
Virtual