

# PERSONAL TRAINER

Xi has his master's degree in Kinesiology and has worked as a personal trainer for over 4 years. His personal training philosophy focuses on improving the well-being of his clients by empowering them with the knowledge, skills, support and guidance and on their journey to a healthier life.

Specifically, Xi helps clients in repairing and improving their functional movement, losing weight and core strength training.



## Xi

**CREDENTIALS:**

CSEP Certified Personal Trainer  
YMCA Certified Instructor Trainer

**EDUCATION:**

Master of Science in Kinesiology

**TRAINING LOCATIONS:**

Terwillegar  
The Meadows