

Hi, I'm Shawn

PERSONAL TRAINER

I have had the honors to be doing the Personal Trainer - "gig" for over 8 years with over 450 individuals successfully working towards their healthier, happier and successful life goals.

I know that my 2 year degree in personal training from NAIT (Canadian Society for Exercise Professionals) will not only help you reach your goals, but will allow me to help you have more energy, feel stronger and feel lighter in your earth suit! I know that with my additional 14 certifications in Health, Wellness & mindful practices we will solidify an activity based exercise plan that you will feel confident doing and enjoyable to complete without spending hours in the gym.

We will be able to work together on food if you need support in that area. We will help you become present in that dream life, you keep wishing you were living. Feeling happy, successful and trusting in yourself, is my goal for all of my clients. So why should you wait any longer to get the results you know you can achieve.

Now I know it's scary but... I need you to take the first step and call me, send an email, text or head to my website - SCAN THE QR code below. After that it's as easy as 1 - 2 - 3!



**CERTIFIED
PERSONAL
TRAINER**

CSEP-CPT



**NASM
CORRECTIVE
EXERCISE**

**AFLCA
GROUP
FITNESS**

AREAS OF INTEREST



Personal Training



Kickboxing



Corrective Exercise



TRX Coaching



Fitness Nutrition



Group Fitness

PERSONAL TRAINING PACKAGES

Sessions	Price
2 Sessions	\$194.50
4 Sessions	\$380.00
6 Sessions	\$555.00
8 Sessions	\$720.00

CONTACT
Shawnrtraining@gmail.com
587-989-2440
IG - SRTraining_
FB - Shawnrtraining_

*Please note that sessions are in person.
GST is not included in prices listed above.
Sessions must be used with 90 days of consult.*