



JASON

Personal Trainer

CERTIFICATIONS

- Bachelor of Education in Physical Education
- NASM Certified Personal Trainer
- ISSA Strength & Conditioning Coach

SPECIALTY

- Athletic strength and conditioning
- Sport specific performance endurance
- Beginners and older populations
- Group circuit training

ABOUT

Jason's training career started in Kingston, Jamaica where he obtained his bachelor's degree in physical education. Jason then continued his journey in sport and fitness as a Physical education teacher and coach for cricket, soccer, and track & field. Jason then immigrated to Canada in 2021 where he continued his journey with his education by obtaining his strength & conditioning certification through ISSA and his Personal Training certification through NASM. Jason is a Sport enthusiast and has several years of experience in the sporting industry as a semi-professional cricketer and as a coach.



LYNNE

Personal Trainer/ Group Fitness Instructor

CERTIFICATIONS

- NAIT Personal Fitness Trainer Diploma
- CSEP Certified Personal Trainer
- OrangeTheory Fit Certificate

SPECIALTY

- Sport Performance Strength & Conditioning
- Power Lifting

"Don't let fear hold you back from trying new things!"

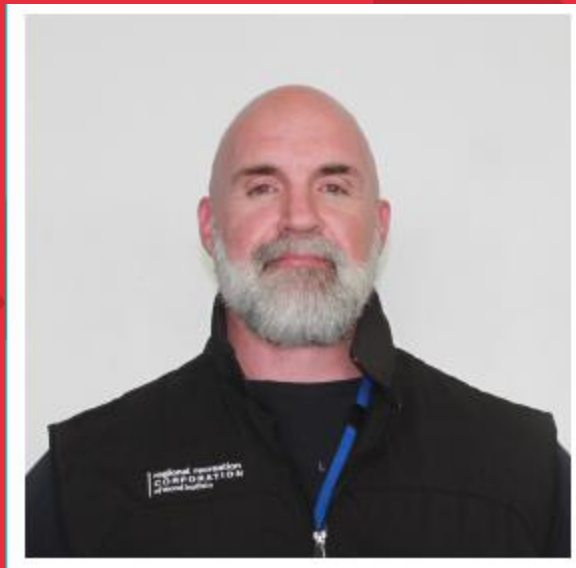
ABOUT

Lynne was born in Scotland and moved to Fort McMurray at 9 years old. She still remembers watching her brother play rugby for the Knights RFC down at MacDonald Island Park!

Lynne's fitness journey began after the birth of the oldest of her two kids. From CrossFit beginnings, she quickly developed a love of strength sports. Wanting to improve her fitness and share her knowledge with others, Lynne decided to undertake the NAIT PFTR diploma while raising two young kids and training at the HPTC for her first powerlifting competition.

Now Lynne can be found training and competing in Strongman/woman, Grip Sport, Powerlifting, and participating in Rugby practices. She hopes to qualify for the 2023 World Championship for Grip Sport at the Olympia in Florida!





JEFF

Personal Trainer

CERTIFICATIONS

- CanFitPro Certified Personal Trainer
- Freak Fitness Affiliate Coach (Freak Xtreme Performance)
- Freak Fitness Freak Physique Systems Coach
- Society of Weight-Training Injury Specialist (SWIS) Symposium
- Vertical Diet/Powerlifting Seminar (Stan Efferding)

SPECIALTY

- Weight Loss, Fitness Lifestyle & Body Composition
- Bodybuilding & Physique Competition Training
- Sport & Athletic Strength & Conditioning

In 2021 Jeff was proudly honoured to be awarded with Best of YMM #2 Personal Trainer

ABOUT

Originally from Winnipeg, Jeff has an extensive background in a variety of sports – including basketball, football, track and field, powerlifting, and strongman. Additionally, he has 20 years of competing in the Highland Games, as well as brief stints as an actor and professional wrestler.

He retired from strength sports in 2014 to pursue physique competitions, doing his first show at age 47. He has completed three shows since then, including placing top ten at a national level in 2018.

He has been a personal trainer since 1995 and believes every goal is worthwhile and almost anything can be achieved with patience, persistence and progression.



LANA

Personal Trainer

CERTIFICATIONS

- ISSA Certified Personal Trainer
- ISSA Certified Strength & Conditioning Coach
- ISSA Certified Fitness Nutrition Specialist
- ISSA Elite Trainer

SPECIALTY

- Weight loss, fitness lifestyle
- Sport specific strength and conditioning
- Mobility and flexibility

*In 2019 Lana was proudly honoured to be awarded with
Best of YMM #1 Personal Trainer*

ABOUT

Lana's passion for health and fitness started at a young age, but her desire for a career in the field started in 2012 when she pursued the Physical Education degree at Keyano College.

During her studies, Lana competed in bodybuilding competitions and discovered a strong interest in body mechanics and physical movement. In 2015, she decided to pursue personal training and sports athletics with dreams of owning her own small business, instead of transferring to the University of Alberta to complete her BA. In November 2016 Lana started her business 'Fit Balanced Lifestyle' and has been successfully running it since.

In the last 4 years Lana has worked with hundreds of one on one clients, group fitness clients, and she has trained athletes ranging from novice to high performance university level in over half a dozen different sports.





SHERRELL

Personal Trainer

CERTIFICATIONS

- Elevated Learning Academy- Personal Training Diploma
- ACE – Certified Personal Trainer
 - Sports Performance
 - Working with Cancer Patients, Cardiovascular Disease & Thyroid Disease
 - Exercising Pre & Post Natal
- Certified Chronic Pain Specialist

SPECIALTY

- Olympic lifting
- Endurance Athletes
- Group Training
- Weight loss
- Body Building

ABOUT

Sherrell's love for fitness started early in life when she was diagnosed with Type 1 Diabetes at age 14, and Cancer at the age of 16. At this time in her life that she realized the importance of taking care of your body through proper fitness and nutrition. Through participating in different sports and competing in marathons, training became a huge part of her life. In 2015 she decided to obtain her Personal Training diploma. Drawing motivation from her health issues and past personal injuries, she is committed to helping other people understand the importance of a healthy active lifestyle and guide them towards achieving their goals. She always looking to learn and push herself in and attempt to help her clients achieve any and all goals ranging from weight loss to performance training.