

MEET OUR NEW PERSONAL TRAINERS

Brenley Anderson

SCHOOL University of Manitoba
CREDENTIALS Bachelor of Kinesiology, Member of Manitoba Kinesiology Association, Affiliated Kinesiologist of the Canadian Kinesiology Alliance, Standard First Aid CPR & AED, Former ACHA Div 2 and Canwest Hockey Player.



SPECIALTIES Injury Prevention & rehabilitation, Functional Fitness, General Fitness, Sport Specific Training

Davis Kos-Whicher

SCHOOL University of Winnipeg, Kinesiology
CREDENTIALS BSc. Exercise Science, CanFitPro Personal Training Specialist, Standard First Aid & CPR-C



SPECIALTIES Strength and conditioning, Mobility and injury prevention, Weight management and hypertrophy, Athletic development

Tim Rozovsky

SCHOOL Bachelor of Kinesiology Honours degree at the University of Winnipeg.
CREDENTIALS Instructor of Physical Fitness and Health, Fitness Room Instructor for Youngsters, certified by the Academic College at Wingate, Israel.



SPECIALTIES Strength training with focus on hypertrophy and muscular strength development, Experience with powerlifting as well as Olympic weightlifting, Weight loss, Proficient in developing science-based nutrition and training regimens

[Tim's workout](#)

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- New Personal Trainers Trainer Video
- The Deep End
- Boris' Corner
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- Did You Know?

TRAINER VIDEO



Join Rady Personal Trainer Lindsey as she takes you through a Functional Full Body Workout

DID YOU KNOW . . .



Protein Drink Machine is back up and running. Enjoy a delicious protein drink in a variety of flavours after your workout TODAY. Machine located in the hallway between the changerooms.

BORIS' CORNER

We are what we repeatedly do. Excellence, then, it's not an act, but a habit.....Aristotle

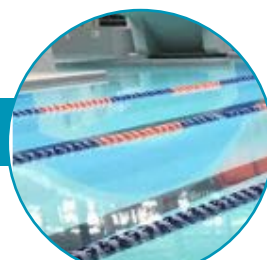


[Group Fitness Schedule](#)

THE DEEP END

To be sure you are registering your child for the appropriate swim level

[> CHECK OUT THIS CHART](#)



[Pool Schedule](#)

ACTIVE LIVING

What do you do if someone falls? Your first instinct may be to rush over to them & grab them by the arm and pull them up. Resist the urge!



[> CLICK HERE TO SEE WHAT TO DO](#)

[Classes](#)

FAMILY PERSONAL TRAINING NOW AVAILABLE



3 SESSIONS FOR ONLY \$175

[More Info](#)



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