

## PERSONAL TRAINING STAFF

### **Spencer Campbell** *BCRPA-PT*

1 year fitness experience, specializes in strength training, weight loss and lean mass gain programs

### **Shawn Dahl** *B.HK, BCRPA-PT*

4 years fitness experience, specializes in stretching, hockey training, stability ball, and plyometrics programs.

### **Shirley McCuaig** *B.PE, BCRPA-PT, BCRPA-FL New Age, BCRPA-FL Osteofit*

22 years fitness experience, specializes in Osteoporosis programs, strength training & stretching for older adults

### **Dana McLean** *ISSA-PT, NCCP level II, Diploma – Fitness & Nutrition, Diploma – Child Psychology*

7 years fitness experience, 1st degree black belt Shotokan Karate, Certified Self Defense Instructor, specializes in martial arts & self-defense, circuit training and family boot camp

### **Eugene Nnoli** *BCRPA-PT*

2 years fitness experience, specializes in strength training for males for size gain and abdominal definition, strength training for women to become toned, lean and defined

### **David Ristau** *BCRPA-PT*

3 years fitness experience, Olympic Lifting, Fitness Kickboxing Coach, 2nd degree black belt Shotokan Karate, Scuba Dive Master – PADI, specializes in sport specific, general conditioning, core stability, balance training and teen programs

### **Susan Skulech-Hardiman** *BCRPA-PT*

2 years fitness experience, Centennial Paramedic Program – EMCA, specializes in weight loss, resistance training with tubing and power walk with weights

### **Steve Tobin** *BCRPA-PT*

7 years fitness experience, specializes in core conditioning, strength training and bootcamp instruction

## REHABILITATION STAFF & SERVICE PROVIDERS

### **Kristy Webster**

*BSc. Exercise Science, Kinesiologist, PTS*

- Fitness & Wellness Programmer
- Exercise Rehabilitation Specialist

Kristy has a Bachelor of Science in Exercise Science from the University of Lethbridge and is a Can-Fit Pro Personal Trainer Specialist. Kristy is the Fitness & Wellness Programmer for West Shore Parks & Recreation in addition to working one on one with exercise rehabilitation clients. Her 8 years experience includes group fitness, personal training, wellness seminars, exercise rehabilitation and cardiac rehabilitation.

### **Linda Owen**

*MSc. Exercise Physiology*

- Take Heart Cardiac Rehabilitation Exercise Specialist

Linda has a Master of Science in Exercise Physiology and has 18 years of experience in applied physiology, cardio-respiratory physiology and physical rehabilitation. She is a member of the Canadian Association of Cardiac Rehabilitation and Society of Exercise Physiology. Linda delivers the Take Heart Cardiac Rehabilitation program for West Shore Parks & Recreation.