

Can-Fit-Pro

PRO Trainer Listing

For specific course listings by date and location, or for more information, visit us at www.canfitpro.com

Disciplines: PTS=Personal Trainer Specialist, FIS=Fitness Instructor Specialist, NWS=Nutrition & Wellness Specialist, PFS=Pre & Post Natal Fitness Specialist, OAS=Older Adult Fitness Specialist, ADV-PTS=Advanced Personal Trainer Specialist, ADV-FIS=Advanced Fitness Instructor Specialist, RAB=Resist-A-Ball, CPR=Cardiopulmonary Resuscitation, CFE=Consumer Fitness Education

Language of instruction: (B)=Bilingual, (F)=French, (E)=English. If there is no indication, language of instruction is English.

Province	Contact #	Email	Discipline	Territory
Alberta				
Belisle, Asha	780-709-5309	asha@statusfitness.com	FIS, PTS, NWS, CPR	Edmonton
Bown, Andrea	780-719-8455	absolutefitness@telus.net	FIS	Edmonton
Bowzaylo, Keri	780-554-4948	keri-b@hotmail.com	PTS	Edmonton
Campbell, Mark	780-479-0084	jessikal@telus.net	PTS	Edmonton
Compton, Kendra	780-887-4056	balancedfitness@shaw.ca	FIS, PTS, RAB Level 1 + 2	Edmonton
Evanson, Jody	403-328-1690	jevanson@telusplanet.net	FIS, PTS, NWS	Lethbridge
Fieldstone, Sheryl	403-531-5875 x 236	sfieldstone@westsiderec.com	FIS, ADV-FIS, PFS, RAB Level 1 + 2	Calgary
Grenon-Lafontaine, Martine		corail777@hotmail.com	FIS (F)	
Hogbin, Stacey	780-221-2119	slhogbin@gmail.com	PTS	Edmonton
Hold, Blanche	780-496-7410	fmg@telusplanet.net	FIS, NWS, PTS, OAS, PFS,	Calgary
Leung, Dan	403-295-3866	arealdl@telus.net	FIS, PTS, NWS, OAS, CPR	Calgary
McElderberry, Cabel	403-341-4041	cabel@personaltrainingreddeer.com	PTS	Red Deer
McPhee, Ron	780-952-7840	ron.mcphee@shaw.ca	FIS, CPR	Edmonton
Nicol, Carlie	403-830-0087	cmnicol@platinum.ca	MBS	Calgary
Skimming, Glenn	403-274-4747	mytime@shaw.ca	OAS, CPR	Calgary
Somerset, Dean	780-425-3333	dean.somerset@worldhealthclub.ca	PTS	Edmonton
Thatcher, Andrea		andrea@bodysensewellness.ca	PTS, NWS,CPR	Calgary
Welsh, Angela	403-863-0626	getf_i_t@telus.net	PTS	Calgary - Spa Lady
Williams, Susan	403-397-2673	fit_tothe_core@shaw.ca	PTS	Calgary
Wyma, Candice	403-542-2223	candicewyma@fitmomfitness.com	PFS	Calgary
Zapata (Ritchie), Jessica	780-435-7111	jessica@infinitefit.ca	PTS	Edmonton
British Columbia				
Christison, Ryan	604-644-1310	ryanchristison@shaw.ca	OAS	Vancouver
Esplen, Leah	778-552-4232	mommymoves@shaw.ca	PFS	Vancouver
Hawke, Tim	604-638-5207	tim@timhawke.com	FIS, PTS, NWS, RAB Level 1 + 2	Vancouver
Lowry, Tara		lowry_tara@hotmail.com	PTS	New Westminster
Ogasawara, Sherry	250-961-5858	sherry.ogasawara@gmail.com	FIS, PTS, NWS	Northern BC
Pietersen, Marthinus	250-307-8183	globalife360@gmail.com	PTS, MBS	Kelowna
Quinn, Rosemary	250-477-9699	info@fitness-works.com	NWS	Victoria-Duncan
Wittmer Regula	250-706-9705	regula@alive-food.com	NWS	Central BC
Vanderheijden, Erika	604-818-2983	erikawins@gmail.com	CPR	Pitt Meadows
Victoria, Nancy	250-897-3552	shapedbyvicky@msn.com	PTS, FIS	Vancouver Island
Manitoba				
Cullen, Jacqueline		jacullen@mts.net	FIS, CPR	Winnipeg
Pentland, Deanna	204-822-3573	canfitpromanitoba@mts.net	PTS, NWS	Manitoba
Pentland, Ian	204-822-3573	fittwell@mts.net	CPR	Manitoba
New Brunswick				
Hofmann, Anita	506-943-0090	ahofmann@rogers.com	NWS, PFS, OAS, PTS, CPR	Saint John

Hunter, John	506-455-4997	john_hunter@rogers.com	FIS	Fredericton
Johnson, Dave	506-633-1663	davel.johnson@saintjohn.ca	PTS	Saint John
Langor, Natalie	709-739-7892	144fm@goodlifefitness.com	PTS	GoodLife - Fredericton
Rogers, Kim	506-6504269	krogers@goodlifefitness.com	FIS	Quispamsis
Smith, Trish	506-204-1751	tricia.smith@rogers.com	FIS, PTS	Moncton, Dieppe
Newfoundland				
Carter, Krista	709-368-3422	kcarter@newworldfitness.com	PTS	St. John's
Gallant, Amy	709-638-0294	amy@counterbalanceconditioning.com	PTS	Corner Brook
Joyce, Krin	709-368-3422	kjoyce@newworldfitness.com	FIS, NWS, PTS	St. John's
Smith, Deanna	709-368-3422	livingwell@nl.rogers.com	FIS	St. John's
Nova Scotia				
Bell, Paul		p_bell01@yahoo.com	PTS	Dartmouth
Brenton, Jennifer	902-445-8348	healthyadvantage@eastlink.ca	NWS	Halifax
Cipryk, Tracy	902-468-8920 x 236	tcipryk@accesswave.ca	FIS, PTS, ADV-FIS, ADV-PTS, RAB Level 1 + 2, Yoga, Pilates	Halifax, Dartmouth
Forand, Janice	902-798-5516	jforand@win.eastlink.ca	FIS, PTS, NWS, PFS, OAS, ADV-FIS, ADV-PTS, RAB Level 1 + 2,	Windsor
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Molloy, Sue	902-346-2028	sue@maraboutfitness.ca	PFS, RAB Yoga	Halifax
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Peck, Nikki	902-209-3743	nikkipeckconsulting@gmail.com	FIS, PTS, ADV-FIS, ADV-PTS	Dartmouth, Antigonish, St. John NB
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Ontario				
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Bates, Mike	519-253-9400	mike@refinefitness.ca	PTS	Windsor
Beaulieu, Connie	613-759-9201	cfprotrainer@gmail.com	PTS, NWS	Ottawa
Beland, Isabel	905-295-2800	cpr@lifelinefirst.com	CPR	Niagara Falls
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Belnap, Krista	905-410-0064	kbelnap@rogers.com	PTS	Scarborough
Benjamin, Michelle		mcbenjam@hotmail.com	PFS	Etobicoke
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Carter, Leonard	647-202-8900	carter@vitruviantraining.com	PTS	Toronto
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Miller, Raquel	647-404-0040	canfitprotrainer@live.com	MBS	Etobicoke
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Muscat-Fennell, Kristen	705-728-1968 x 1738	kfennell@rogers.com	FIS, ADV-FIS	Barrie
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Needham, Vera	519-619-0895	rabpilates@yahoo.ca	RAB Pilates	London
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Parr, Anne	807-475-6239	anneparr@tbaytel.net	FIS, CFE	Thunder Bay
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Paxton, Lise	705-472-3495	missfit22@hotmail.com	PTS	North Bay
Perchard-Duran, JoAnn	647-290-8567	jperchardduran@rogers.com	NWS, OAS	Toronto, Humber College
Percy, Debra	905-644-4680	debra.percy@gm.com	FIS, PTS	Oshawa, Whitby, Ajax
Pitt, Dorothea	416-395-0267	dpitt@toronto.ca	FIS	Toronto
Purmals, Andy	519-836-3794	apurmals@sympatico.ca	RAB Level 1 + 2	Guelph
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Rao, Salem	905-639-3276	salemrao@gmail.com	PTS	Burlington

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Reed, Greg	519-661-0190 x 390	gregreed21@hotmail.com	PTS, NWS	London
Reid, Stephanie	519-363-2445	sreidoas@hotmail.com	OAS	Owen Sound
Reilly, Greg	705-969-5827	greilly27@msn.com	FIS, PTS	Sudbury
Rennie, Donna G	519-363-5505	chipmunk@bmts.com	NWS	Owen Sound
Roberto, Filomena	905-951-1436	froberto_fitpro@sympatico.ca	PTS, FIS, ADV-FIS	Maple , Kleinburg, Woodbridge, Vaughan, Caledon,
Robles, Nino		Nrobles@ryerson.ca	PTS	Ryerson University
Rochester, Sue	416-491-5050 x 6221	rochester@sympatico.ca	FIS, PTS, ADV-FIS, RAB Level 1 + 2	Scarborough, North York
Ryder-Buridge, Victoria	416-519-7687	verb@rogers.com	CPR	Toronto
Seymour, Anthony	416-979-5000 x 7132	aseymour@ryerson.ca	FIS, PTS, NWS, PFS, OAS, ADV-FIS, ADV-PTS	Toronto
Sheffield-Young, Sandra	905-689-6773	s.t.e.p.s@sympatico.ca	OAS	Burlington, Hamilton
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Simone, Andrea	416-417-7942	fitnessteacher@gmail.com	FIS	North York
Skibinski, Pat	877-763-5431	info@1fitbug.com	RAB Yoga, CPR	Guelph
Skilton-Hayes, Lynne	519-824-4120 x52670	lskilton@uoguelph.ca	FIS, PTS	Guelph
Sloss, Brad	519-822-7468	info@bradsloss.com	PTS	Kitchener, Simcoe, Brantford
Smith, Dorothy A		dsmith@the-athletic-club.ca	PTS	Thunder Bay
Smith-Beyak, Tracie	613-542-6867	bodynow4mums@yahoo.ca	PFS	Kingston
Sommerville-Picotte, Dawn	613-345-4623	dmsp10@hotmail.com	FIS, PTS, OAS, ADV-PTS, RAB Level 1 + 2, CFE	Brockville, Cornwall
Soper, Karen V		karensoper@gorganic.com	NWS	Toronto
Steigele, Robert	416-707-7012	robert@kinconcepts.com	RAB Level 1 + 2 + Yoga + Pilates	Toronto
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Talan, Winnie	416-424-2422 x 237	winnie@theeducatedbody.ca	FIS, PTS, ADV-FIS	Toronto-Sports Clubs
Talosi, Rita	905-735-3222	rtmosaics@cogeco.ca	OAS	St. Catharines, Welland
Thom, Julie	705-735-2226	jthom15@hotmail.com	RAB Level 1 + 2	Barrie
Toombs, Morgan	416-697-1726	protrainermorgan@gmail.com	FIS, PTS, CPR	Toronto
Uchida, Eldon	613-695-2306	canfitpro@yahoo.com	FIS (B), PTS (B), CFE	Ottawa, Hull
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VanTorre, Brandon	519-520-2142	info@brandonvantorre.com	PTS	London
Vendramini, Mark	416-480-9848	mark@bridalbootcamp.ca	PTS	Toronto
Vigneault, Louise	416-931-3465	louyse@hotmail.com	NWS, RAB Yoga + Pilates, CPR, CFE	Brampton
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White, Rebecca	519-888-4467 x 5034	rgwhite@uwaterloo.ca	FIS	Waterloo
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Winokur, Arleigh	905-823-0293	ptstation@bellnet.ca	PTS	Mississauga
Winter, Karen	519-756-9900	kwinter@brantford.ca	FIS	Brantford

Quebec

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Bourque, Ginette	800-790-9269 x 690	gmbourque@hotmail.com	FIS, ADV-FIS	Montreal
Canan, Caroline	819-375-9789	ccfitness@cgocable.ca	FIS (F)	Trois-Rivieres
Choquette, Dale	514-620-5732	dale_choquette@acn.ca	RAB Level 1 + 2	Dollard des Ormeaux
Coward, Lynn	514-581-8995	adrenalynfitness@videotron.ca	FIS (F), PTS (F), RAB Level 1 + 2	Montreal
Delicato, Jerry	450-687-1857	jdelicato@ca-multisports.com	PTS (B)	Laval
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Warf, Laura	450-227-3603	laura@lauralifestyles.com	MBS	Montreal
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Saskatchewan

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Hagel, Amanda	306-477-5759	hagel12@hotmail.com	PTS	Saskatoon

Disciplines: PTS=Personal Trainer Specialist, FIS=Fitness Instructor Specialist, NWS=Nutrition & Wellness Specialist, PFS=Pre & Post Natal Specialist, OAS=Older Adult Fitness Specialist, RAB=Resist-A-Ball, Language of Instruction: (B)=Bilingual, (F)=French, (E)=English. If there is no indication, language of instruction is English.