



BARCLAY SMITH
Personal Trainer, Level III

Education

- Certified Personal Trainer – ACE, CANFITPRO
- National Coaching Certification Program Level I
- Fitness Instructor Specialist – CANFITPRO
- Reebok Cycle Certified
- CFA trained -George Brown College
- Sports Training
- Kids Sport Specific Programming

Barclay has thoroughly enjoyed working in the Fitness industry for over 15 years. From the 5 invites to teach at the Women's Fitness Weekend at Blue Mountain, competing at the Canadian Aerobic Championships, to teaching instructors and volunteers at YMCA conferences and courses, Barclay's career has been nothing but exciting. Barclay has enjoyed being competitive in many sports and now thrives on finding balance in his life and the lives of his clients.

Barclay continues to fine-tune his skills and knowledge in the fitness industry and in creating healthy lifestyles. When working with his clients, Barclay provides relevant information in laymen's terms. A focussed yet relaxed workout with Barclay is a great way to get closer to your goals.

"Helping people help themselves. A total mind and body workout."



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