



CAROL-ANN COOK
Personal Trainer, Level III

Education

- Fitness and Lifestyle Management Diploma – GBC
- Certified Exercise Physiologist - CSEP
- Excelerate Sports Performance Certification – Twist Conditioning
- Lifestyle & Weight Management - ACE
- Schwinn Cycle Instructor

Carol-Ann has been employed in many aspects of the fitness industry including medical, corporate and commercial. She has been an employee of the Toronto Athletic Club since 1994.

Carol-Ann has always pursued a healthy lifestyle and wants to have a good quality of life as she ages. She loves to share her experiences and knowledge with her clients.

She works with her clients to create short and long term goals. Together they develop individual programs that suit clients' needs and lifestyle. Carol-Ann teaches proper technique and uses correction cues regularly. Targeting weakness, building strength and having fun are all part of the program.

“THE FUTURE DEPENDS ON WHAT WE DO IN THE PRESENT” - MAHATMA GANDI

“WHAT HAVE YOU DONE TODAY TO MAKE YOUR LIFE BETTER?” – UNKNOWN



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