



CHRISTIAN VEMB
Personal Trainer, Level III

Education

- Queen's University: Physical Education
- Humber College: Fitness & Health Promotion
- Sports Performance Institute: Personal Trainer 1
- Sports Performance Institute: Strength Training Specialist
- American Counsel on Exercise: Personal Training Certification
- Muscle Activation Techniques – Upper Extremity , Trunk and Spine.
- RTS 123

Christian believes in making every minute count while in the gym. He will teach the proper frequency, intensity and type of exercises you need to perform to achieve your fitness goals. Workouts with Christian will be challenging, but will help you develop and maintain a habit of fitness.

Christian has worked as a personal trainer at the Toronto Athletic Club for seven years. He believes strongly in continuing his education and fuels his mind regularly with the latest training certifications and techniques. Recently, he has completed the Resistance Training Specialist 1, 2 & 3 modules and is enrolled to become an MAT Specialist in 2010. Why wait any longer? Take the first steps toward your ideal body by contacting Christian today.



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