



DEBRA DAVID
Personal Trainer, Level III

Education

- Bachelor of Arts, Physical Education Major – UWO
- Medical Exercise Specialist – AAHFRP
- Resistance Training Specialist Level 1 (Theory)
- Core MAT (Trunk, Upper and Lower Extremities)
- Lifestyle Coach, Level 1 – LCI

Successful client relationships, excellent service, and a balanced approach to fitness are the hallmarks of Debra's work as a trainer. A careful listener, Debra gives her clients 100% of her attention. An excellent motivator, she works diligently with her clients in identifying the most effective training programs for goal achievement and maximum results. Debra is committed to keeping her clients on track. Her strongest personal attributes are encouragement and the ability to lead by example. With twenty years in the fitness world, Debra continues to develop by being strongly committed to continuing education and professional development. With her extensive qualifications, knowledge, and a genuine concern for the well-being of her clients, Debra offers the highest level of personal training.



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