



ERIC BOLS

Personal Trainer, Level II

Education

- TPI Fitness Professional – Titleist Performance Institute
- Fitness and Lifestyle Management Diploma – George Brown College
- Certified Personal Trainer & Fitness Consultant – CSEP
- M.A.T. Jumpstart Practitioner - Muscle Activation Technique
- Resistance Training Specialist 123

Eric's past in competitive sports, love of personal interaction and a fascination of the human body led to his current career in personal training. His energy and motivation can now be used as the catalyst to get others excited about active living.

He graduated with honors from George Brown College Fitness & Lifestyle Management program in 2008. He continues to develop his education with certifications that complement the variety of training he offers. Eric has just recently completed the TPI Fitness Professional certification with the Titleist Performance Institute. A golf specific assessment will focus on understanding the body's physical limits and dictate what type of exercise program is needed to improve your swing.

His training style focuses on learning proper movement patterns that are essential in developing a structured and specific fitness program. Once these exercise foundations are mastered then more versatile conditioning can develop safely and effectively. The improvements in muscle activation and mobility will then transfer strength to everyday life, sport and activity.

A focus on keeping workouts fun and innovative, Eric is excited in developing realistic goals with his clients in order to see them succeed.



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