



**JAMES CORCORAN**  
Personal Trainer, Level IV

### **Education**

- Fitness and Lifestyle Management Program – GBC
- Certified Exercise Physiologist (CEP)
- Medical Exercise Specialist
- National Coaching Certification Program Level III, Soccer
- Johnny G Spinning Instructor
- Ironman Canada and USA

James has been in the fitness industry for over 16 years. He has worked as Triathlon/Running coach, Personal Trainer, Spinning Instructor and is head coach of a downtown triathlon team. James in addition has many athletes he coaches one on one for 10km run to half marathons to Ironman®. Currently James enjoys competing in triathlons. He has completed Ironman® Canada 2004 and Ironman® USA – Lake Placid 2005.

James has helped many people lose weight and get fit. He believes that the best things in life are the things you worked the hardest for and fitness is no different. If one is willing to work he will show you the WAY! He loves fitness but, more importantly, enjoys the challenge of helping people achieve their goals.

**“Adversity causes some to break.... and others to break records”**



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