



**JAMES CUMMINS**  
**DIRECTOR OF PERSONAL TRAINING**  
**Certified MAT Specialist, Personal Trainer**

**Education**

- Bachelor of Business Management – UWO
- Certified Muscle Activation Techniques Specialist - MATCS
- Resistance Training Specialist 123
- Certified Strength and Conditioning Specialist – NSCA
- Medical Exercise Specialist - AAHFRP
- Certified Personal Trainer - NSCA

You've made a commitment to a healthy active lifestyle, but how can you be certain your body is happily managing the physical demands of sport and daily life?

Finally address the imbalances that contribute to a seemingly endless supply of aches and pains. Bring balance to your muscular system to minimize joint stresses, maximize performance, and improve the comfort of daily living. Take care of the long term health of your body.

James is committed to a lifetime of learning, and remains humbled by the complexities of the human body. He is currently one of only 30 Muscle Activation Techniques Specialists in the country, and is proud to be a part of a team of true exercise professionals at the Toronto Athletic Club.



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