



Lauren Fernandes
Personal Trainer Level III

Education

- Diploma Fitness and Health – Humber College
- Resistance Training Specialist
- Muscle Activation Technique Jumpstart
- Medical Exercise Specialist
- Pre and Post Natal Fitness Specialist- CANFITPRO
- Fitness Instructor Specialist- CANFITPRO
- Schwinn Cycle Instructor

The key to a healthy and happy life is balance. An ideal mix of physical activity, good nutrition, rest and work are essential in Lauren's opinion.

Lauren's passion for training stems from her love of the body and fitness. Her constant learning keeps her current anatomy and physiology, as well as, new techniques and training styles.

Lauren believes that if you want to embark on a training program, it is important to build a base of good posture and joint stability. After teaching these basics, Lauren will design specific programs that are individualized to suit your needs and goals. Workouts with Lauren are challenging and fun yet sure to be safe and effective!



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