



**VANESSA TULLOCH**  
**ASSISTANT DIRECTOR OF PERSONAL TRAINING**  
**Personal Trainer, Level IV**

### **Education**

- Medical Exercise Specialist – AAHFRP
- Fitness and Lifestyle Management Program - GBC
- Muscle Activation Techniques Jumpstart Program
- Certified Personal Trainer – CPTN
- Sport Performance Institute Level 1&2
- Johnny G Spinning Instructor

Vanessa has been in the fitness industry for over 12 years and had always maintained an active lifestyle through competitive sports. She believes that fitness should not just be about short-term gains but also be directed towards a lifestyle change that promotes healthy living on an ongoing basis.

Vanessa assists her clients in achieving their fitness goals by designing long-term, goal-oriented programs that are motivational, educational and effective. After struggling through her own injuries over the years, she feels it is critical that any comprehensive fitness program is well balanced and incorporates appropriate corrective exercises. No question exercise should be challenging, interesting and always fun... but you don't need to sacrifice safety!



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