



WARREN SCOTT
Personal Trainer, Level IV

Education

- BPHE, Computer Science (Minor) Acadia University
- CAN-FIT-PRO Personal Training Certification
- Twist Conditioning: EXCELERATE Sports Performance Certification
- Karen Voight. Power Pacing, indoor cycling certification
- NCCP Coaching level 1&2
- Personal Training Instructor, Canadian Armed Forces
- Advanced Strength & Conditioning, Acadia University
- Adapted Physical Education for Special Needs Population
- First Aid & CPR

Designing effective results-oriented fitness programs for all levels ranging from beginners, elite athletes and special needs populations for more than a decade. Warren has been committed to helping individuals meet their short and long term goals in both functional training and explosive multi-directional movements. Warren also holds an undergraduate degree in Physical & Health Education from Acadia University, majoring in Exercise physiology, specializing in strength and muscular development.



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