



Personal Trainer



Carly Szanik

Carly has been involved in athletics for as long as she can remember. Her parents put her in everything and anything in the hopes of bringing her home tired. This eventually led to becoming a varsity athlete for both rugby and volleyball at UVIC. Here she helped train the team as well further her studies in the field of Kinesiology. Between class times, Carly also found time to teach Group Fitness and Indoor Cycling Classes. Personal Training is just the next step in bringing her enthusiasm, experience and knowledge to those looking for guidance and results.

Philosophy

You should live a healthy, active lifestyle that is both beneficial to yourself and the environment.

Certifications and Education

- Can-Fit-Pro Certified Personal Trainer
- Certified Indoor Cycling Instructor
- Economics Degree, UVIC
- OFA III Certified

Additional Training & Qualifications

- 2 years towards Kinesiology Degree
- Training experience with BC Lion's players

Client Specialty Focus

- Athletes
- General Fitness
- Sport Specific
- Small Group Training
- Fat Loss
- Muscle Toning

Words of Wisdom "Find a form of exercise you enjoy because only then you will stick with it"