



Elite Personal Trainer



Debi Bartlett

Debi has been active her whole life with Ballet & Jazz lessons, Gymnastics, Acrobats & Baseball. She started teaching fitness classes just after high school graduation and has loved it ever since. After her second child she started competing in Sport Aerobics. Some call it the toughest 2 minutes in sports. She would have to agree. After competing for 4 years in Sport Aerobics she found another sport, Miss Fitness Competitions. This was great because she could bring her gymnastics into the sport. Debi's been in the fitness industry for 18 years helping others look and feel great, on the inside and out.

Philosophy

In life, if you really want something, you'll find a way to make it happen.

Mission Statement

To help inspire and motivate you to be you're best. Whatever it takes.

Certifications and Education

- BCRPA Fitness to Music
- BCRPA Personal Trainer
- BCRPA Weight Trainer

Additional Training & Qualifications

- Fitness World Boxerfit Certification
- Peter Twist Sport Training Seminar
- Gymnastics Coaching Certificate
- Can Fit Pro Health & Wellness Course
- Strength Training the Youth Seminar

Client Specialty Focus

- Lose Body Fat
- Core Training
- Tone & Shape
- Sport Specific Training
- Gain Muscle
- Fitness Competition Training

Words of Wisdom "You get one shot in life. Be who you want to be NOW!"