



Personal Trainer



Greg Bratus

Greg first got involved in the fitness industry in 1999 as a client. He began working out as a form of stress relief from his job as a network administrator for a telecommunications company. He quickly developed a passion for helping people achieve their health and fitness goals. Greg began attending UCFV full time pursuing a bachelors of kinesiology. He started working as a personal trainer during his first year of studies and soon made this his full time occupation. Over the past seven years he has continued to help many clients in achieving their goals.

Philosophy

Amazing things can be achieved through consistency and effort.

Mission Statement

To help every client not only achieve their goals, but to surpass them.

Certifications and Education

- Pursuing a Bachelors of Kinesiology
- Can-Fit Pro Personal Trainer Specialist

Client Specialty Focus

- Sport Specific Training
- Injury Prevention
- Fat loss

Words of Wisdom "Committing to positive change is the first step toward achieving it."