



Elite Personal Trainer



Karen Swash

Karen has always been active growing up whether it was competitive horseback riding, cycling, or playing sports. In 1996 she began working at a gym facility. Soon after she realized that exercise wasn't just a hobby but a passion. Karen then continued her education in personal training and nutrition, knowing that she wanted to promote a greater level of health. Currently she is the Wellness Director (EasyZone) as well as a Personal Trainer.

Philosophy

Exercise has the ability and power to enhance anyone's quality of life.

Mission Statement

To share my enthusiasm, educate my clients. As well as inspire them to find their inner strength and desire to improve their mind, body and soul.

Certifications and Education

- BCRPA Weight Trainer
- BCRPA Personal Trainer
- BCRPA Exercise to Music
- Can-Fit Pro Personal Trainer

Additional Training & Qualifications

- Easy Zone nutrition certified
- Indoor Cycling Certified
- Medicine ball training
- Strength and Flexibility Training
- Postural Analysis

Client Specialty Focus

- Weight and Fat loss
- Strength Conditioning
- Body Transformation
- Nutrition

Words of Wisdom "The second you tell yourself you can do it you can!" – Anonymous