



Specialty Trainer



Susan Manning

Susan started her career path in the fitness industry taking her first of many certification courses in 1981 as a weight room and fitness class instructor. Over the past 27 years she has been a club Manager, Program Director for Fitness and Personal training, written fitness articles, a Step Aerobics manual, taught Fitness Theory, Weight Training, Group Fitness courses and is currently the Staff Development Director for Langley Fitness World. Susan is also an author; she has co-authored an e-book with Dr. Carolyn Anderson, "Impowerage Fitness System" exercises for Older Adults. Susan is very passionate and goal orientated having done everything from running marathons to Body building competitions. Being very involved with her three kids and their schools she promotes fitness for children and enjoys being involved with her community.

Philosophy

We all have a "Personal Best" physically, mentally and emotionally, achieving this helps us to become better people in ALL aspects of our lives creating positive energy.

Mission Statement

To impart knowledge and guide others to be their absolute best

Certifications and Education

- BCRPA Trainer of Fitness Leaders – Fitness Theory, Group Fitness & Weight Training
- BCRPA: Personal Fitness Trainer
- ACE Personal Trainer and Exercise to Music
- ACE Advanced Health & Fitness Specialist (gold level)
- ACSM Group Fitness
- Twist Sport Conditioning Coach Level 1 Certified

Additional Training & Qualifications

- Exercise and Cumulative Trauma Disorders
- Twist Sport Strength Conditioning Specialist 1
- TurboKick Certified in Cardio Kickbox
- Resist-A-Ball Certified
- Keiser Power Pacing Indoor Cycling Trainer
- Advanced Exercise & Sports Nutrition Cert.
- Running Basics Certification
- Yoga Hatha
- Martial Arts Fitness Certification Level 1 & 2
- Fitness First Aid & CPR
- Fitness to Music
- Nutrition for Endurance Athletes
- Golf Specialist Course (completing)

Client Specialty Focus

- Sport Conditioning (individual or group)
- Older Adults
- Weight Loss/Management
- Muscle Toning/Shaping/Building
- RCMP PARE Prep
- Postural Deviations and Cumulative Trauma Disorders

Words of Wisdom "Live life to the fullest! If you never knew how old you were, how old would you be?"