



# Personal Trainer



## Tiffany Burns

Raised in a West Coast environment, Tiffany has always been health conscious and physically active. Motivated by music and dance she was drawn to participate in group fitness classes which led her, over the past 15 years, to expand her expertise into weight training and nutrition.

### Philosophy

Achievement is not a thing to be waited for, it is a thing to go after.

### Mission Statement

Understanding the client's unique individual needs and coaching to achieve their personal best.

### Certifications and Education

- BCRPA Fitness Theory Certification
- BCRPA Weight Trainer Certification
- BCRPA Group Fitness Instructor Certification
- BCRPA Personal Trainer Certification

### Additional Training & Qualifications

- Kick Boxing Certified
- Pre and Post Natal Certified
- Power Pacing Certified
- Zone Certified

**Words of Wisdom** "How you do anything is how you do everything." - Mom and Dad