



Personal Trainer



Jacqueline Odehnal

After 26 years of participation in all types of fitness including long distance running, marathon and 1/2 marathons, 4 years of yoga, skiing and aerobics I have personal experience in these areas. I train numerous clients, train small groups outdoors and am constantly upgrading my certifications. I have three children and personally realize that with goals, proper nutrition and exercise you can be the best you can be at any age.

Philosophy

I believe that everyone can achieve his or her goals in body mind and spirit. Fitness, nutrition and self-care are essential to leading a long and healthy life.

Certifications and Education

- BCRPA & Can-Fit Pro Personal Trainer
- BCRPA & Can-Fit Pro Group Fitness Instructor
- BCRPA Power Pacing Instructor
- Can-Fit Pro & Twist Conditioning Sport Strength Specialist
- Twist Sport Strength Specialist

Additional Training & Qualifications

- Posture and ADL Assessment
- Muscle and Fitness Assessment
- Back Rehab and Strength

Client Specialty Focus

I can confidently train anyone, regardless of their age or fitness level and help them achieve their goals, be it sport specific, motivation or general fitness.