



Personal Trainer



Bill Danh

From the age of 11, Bill was an athlete, He played Rugby and Football, but focused also on running and track & field. Bill started weight training at 17 to enhance his track performance, gaining muscle, speed and power. From weight training to Body Building and Power lifting, Bill has progressed to become a Personal Fitness Trainer himself.

Certifications and Education

- Hilltop Academy Fitness Leadership program
- BCRPA Fitness Theory
- BCRPA Weight Trainer
- BCRPA Personal Fitness Trainer
- Advanced Weight Training, Ball, Bands and Bosu
- Posture Analysis and Flexibility Testing
- Third Age
- CPR and Fitness First Aid
- Zone Nutrition Expert

Client Specialty Focus

- One on One programs: Beginners - Advanced
- Weight Management
- Core and flexibility training
- Body Building
- Sports Conditioning
- General Health and Wellness.