



Elite Personal Trainer



Mimi Goyette

Mimi has been active all her life. She started gymnastics at age 3 and trained competitively for 14 years. Mimi competed at the National level including the Canadian Championship in 1997. After a brilliant career in gymnastics, Mimi needed a new challenge. What is better than running away with the Circus? At 17 Mimi packed her bags and joined Quidam, a CIRQUE DU SOLEIL touring show. Mimi traveled all over the world performing in front of millions of people over her 8 year career with Cirque. To keep fit between performances, Mimi worked with a variety of personal trainers all over the world. She enjoyed her personal training experience so much that she decided to take a break from the circus life and concentrate on helping others get fit, be healthy and be body proud. Today, as a fitness and muscle model competitor, Mimi is always challenging and transforming her body to be "stage ready". Mimi understands how determined, focused and motivated you need to be to achieve those goals. Mimi is fun, focused and passionate. She knows how to design PT sessions for her clients that are fun and challenging. Mimi will motivate you and support you all the way.

Philosophy

Have a dream, make a plan, go for it.

Certifications and Education

- NASM Personal Trainer
- UFK kickboxing
- Can Fit Pro Personal trainer
- AIF Certification III and IV Personal trainer

Additional Training & Qualifications

- Fitness and Muscle model competitor
- Boot Camp
- Post and pre natal

Client Specialty Focus

- Body Fat reduction
- Body sculpt and Tone
- Pilates and Core Training
- Cardio Training
- Fitness Competition Prep

Words of Wisdom "Life is not measured by the number of breaths we take but by the number of moments that take our breath away."