



Personal Trainer



Dmytro Zasheyko

Dmytro began his passion for sports and fitness at a young age in the Ukraine, where he competed in Greeko Roman Wrestling and soccer. He moved to Vancouver in 1999 with his family and joined a boxing club where he excelled by competing and winning all bouts. In 2006, Dmytro decided to take his love of fitness and turn it into his career by becoming a personal trainer. Dmytro continues his education in hopes he can help educate and give you the encouragement you need to reach your fitness goals.

Philosophy

Dmytro believes training smart and staying committed are the ultimate steps to achievement.

Certifications and Education

- BCRPA Certified Personal Trainer
- BCRPA Certified Weight Training Instructor
- EZ Nutrition Program Certified
- First Aid & CPR
- Elite Personal Trainer

Client Specialty Focus

- Body Shaping/Toning
- Cardiovascular Conditioning
- Weight Loss
- Strength Training/Muscle Development
- Sport Specific - Boxing
- Abdominal Core Training

Words of Wisdom "With every workout you are one step closer to reaching your fitness goals."