



Personal Trainer



Ania Glowacka

After being overweight as a child and teenager Ania decided to change her lifestyle to be healthy and fit. Ania and her mother decided to motivate one another by making a commitment to each other by going to the gym five days a week at 5am for one hour. From that moment on Ania became a fitness addict. Now a gym guru, Ania sought out for more. She began asking questions, reading and researching on her own about diets, nutrition to exercise and fitness. She began a kinesiology degree at SFU, but due to finances could not continue. Disappointed but not discouraged, Ania kept up hope that the day would come when she would begin her career in fitness. In July of 2007 Ania discovered the Fitness Leadership Program at Hilltop Academy and within four months of intense full-time schooling and studying she is now a fully certified Personal Fitness Trainer and Group Fitness Instructor. The journey has been a fun and exciting one, though Ania knows it has only begun. She looks forward to encouraging and teaching others all that she has learned so they too can experience the many benefits of health and fitness.

Philosophy

Life is full of barriers and obstacles, at times help is needed. But help does not diminish the sense of self worth attained.

Certifications and Education

- BCRPA Registered Personal Trainer
- BCRPA Registered Group Fitness Instructor
- CPR & Fitness First Aid Certified

Additional Training & Qualifications

- Postural Assessment Workshop
- Working with special populations

Client Specialty Focus

- Weight Loss & Gains
- Core Conditioning