



Specialty Trainer



Annie Hewitt

Annie has always been active in recreational sports and Yoga, but it was severe lower back problems that prompted her to pursue a career in fitness and health, first becoming a Trainer in Spain and then validating her certification in BC on her return here in 1996. Annie is active in the Yoga community, with Yoga Teacher Training courses and lectures.

She manages the PFT department in the Surrey Club, ensuring Member/Clients enjoy top quality service. Annie also administers educational workshops for the Trainers, and presents Health and Wellness seminars to local businesses and colleges.

Philosophy

Live life to the fullest. Following a healthy lifestyle is not an "option", if you enjoy being active! Work with Annie to create a program that is functional, efficient and fun.

Certifications and Education

- BCRPA Personal Fitness Trainer
- Supervisor of Personal Trainers,
- INFO FIT Rehab Fitness Professional
- Lifeworks "Fit to Deliver" Prenatal certification
- CPR & Fitness First Aid
- Third Age and Senior Fitness

Additional Training & Qualifications

- Certified Pilates Instructor
- CEYSI Yoga & Integral Health
- Master Trainer of Yoga Instructors
- Zone nutrition

Client Specialty Focus

- Healthy Back
- Rehabilitation (Back, Hips, Knee, Shoulder etc, MVA, ICBC, WCB, surgery)
- Weight Training (Novice to Body builder)
- Weight Management (Fat loss/muscle gain)
- Third Age
- Special Needs (Pregnancy, Diabetes, Osteoporosis, Fibromyalgia)
- Stress Management, Core Strengthening with Resistance & Pilates

Words of Wisdom "Commit to constant improvement in all areas of your life. Seek the right professionals to guide and encourage you."