



Personal Trainer



Nicole Clark

Nicole has been involved in the Fitness industry for many years, competing in Figure competitions and working as a Fitness Model since 2002. This year she was placed in the top 10 in the World for PRO FIGURE

Philosophy

Winners must have 2 things. Definite goals, and a burning desire to achieve them.

Mission Statement

With my expert guidance, watch your body transform to be your Best Ever.

Certifications and Education

- BCRPA Personal Fitness Trainer
- SNS Certified Sports Nutrition Specialist
- Current CPR & Fitness First Aid
- Zone certified Nutrition Consultant
- Nutrition Scope of Practice Certification.

Additional Training & Qualifications

- Body building/Figure competition preparation
- Exercise & posing plans
- Pre-contest diet

Client Specialty Focus

- Sports Specific training
- Weight Loss /Weight gain/
- Body Sculpt-weight training
- Cardio
- Core
- Lower back
- Nutrition Planning

Words of Wisdom "Feeling beautiful comes from the inside. With the right nutrition and exercise program, you can't help but feel good about yourself."