



# Personal Trainer



## Emma Sproule

Emma has been an integral part of the Personal Training Department at Fitness World since 2003. She commenced her journey of fitness at a young age, entering dance lessons as a child and continuing until she achieved the RAD professional ballet level. She also studied Karate, Aikido, kickboxing and was a member of her high school wrestling team. In 2002, Emma took the BCRPA Group Fitness Instructor training and began teaching group fitness classes; she continued to pursue professional development opportunities and achieved her certification as a personal Trainer. Over the past 2 years, Emma has focused on becoming trained as a BCRPA certified Pilates instructor. Pilates has taught her how powerful the mind-body connection is and how this can translate into better fitness training. Emma is very enthusiastic and committed to Personal Training, sharing her expertise and support with individual clients and in her group fitness classes.

## Philosophy

Every client brings different motivation and individual factors into Personal Training. In the end, workout programs are like finger prints: each one is as unique as the person it represents.

## Certifications and Education

- BCRPA AFL Strength Training Certified
- BCRPA AFL Fitness Theory
- BCRPA AFL Group Fitness
- BCRPA Personal Training
- BCRPA AFL Pilates
- Can-Fit Pro Member
- Sweat Tease Certified
- Latin Fitness Certified
- EZ Weight Loss & Nutrition Certified
- ICE Certified
- Health & Business Courses - Camoson College
- Pre & Post Natal Certified

## Additional Training & Qualifications

- RAD Ballet Syllabus
- 10 years Martial Arts Training
- Joint Replacement Therapy
- First Aid & CPR
- Fitness Prep for Fitness Competitors
- Modules in supplementation, nutrition in sports and fitness
- Sport Specific Training (Individual & Team)

## Client Specialty Focus

Emma enjoys training a diverse client group, customizing programs to their individual needs. She can create programs which:

- focus on firming and reshaping your body
- are specific to a particular sport
- will assist in overcoming plateaus and motivational blocks
- provides nutritional counselling and support

She also concentrates on creating unique small group training opportunities which incorporate a wide range of fitness modalities.