



Personal Trainer



Meaghan Mounce

Meaghan has been involved in sports since childhood, playing basketball, volleyball and competitive softball. In her teenage years she added weight training to her activities and has been passionate about it ever since.

Philosophy

Meaghan believes people should enjoy life to the fullest. One way to make the most of life is to be physically active and healthy.

Certifications and Education

- Bachelor of Science Biology
- BCRPA Certified Personal Trainer
- ICE Instructor
- Bootcamp Instructor
- Sweat Tease Certified
- Sport Balance Level 1
- Golf Conditioning Specialist

Additional Training & Qualifications

- Registered Massage Therapy (completing)
- EZ Nutrition Certified

Client Specialty Focus

All types from those with sport backgrounds to beginners. Meaghan loves the outdoors and enjoys showing people how to incorporate workouts while outside.

Words of Wisdom "You can survive or you can thrive." - Lance Armstrong