



JULIE FINE

Julie Fine specializes in strength training and cardiovascular training with special attention to CORE stability, a strengthening of one's core muscles including abdominal and especially lower back. Julie has taught the following courses and classes:

Women & Weights
Power Tread Workout
Youth and the Weight Room
Express Abs & Back
Teen Cycle and Balance

Introduction to Weights and Fitness
Circuit Mania
Stability on the Ball
Group Indoor Cycling (with Ball)
Spinfit

Julie assists her clients with their lifestyle changes not only through weights and cardio but also through nutrition and diet. She believes that exercise and a positive outlook go hand in hand to create a happy and energetic person able to take on life's daily stresses. Her aim is to design programs that enable her clients to accomplish each of their goals in an injury free state while enjoying their next challenge.

Julie is sensitive to the fitness enthusiasts who have special needs as she has participated in workshops on a variety of subjects including special needs, arthritis, degenerative disc disorder and bursitis. She completed the Senior Fitness Instructors Course through the Canadian Centre for Activity and Aging at Algonquin College.

Julie has certificates in Personal Training, has attained her Nutrition and Weight Management Counseling certificate and is a Certified Group Indoor Cycling Instructor.

Catch the early-bird cycling classes and be revved for the rest of the day.