



### JULIE NOTT

**CREDENTIALS:** Certified 2004 Fitness Theory Manitoba Fitness Council, Certified 2005 Resistance Training Manitoba Fitness Council, Certified 2005 Group Fitness YMCA/YWCA, Certified 2006 Personal Training YMCA/YWCA Certified 2006 St. John's Ambulance First Aid, Certified 2007 Spin Instructor YMCA/YWCA. Continuing education credits through Canfit Pro and YMCA/YWCA have been achieved.

**FITNESS PHILOSOPHY:** Making health and fitness a lifestyle is my philosophy. A fitness program including cardiovascular and resistance training should be designed to suit your specific needs - time constraints, personal fitness goals, injury considerations and prevention. Making sure you are exercising safely and efficiently is first priority - along with having a fun and challenging workout, of course. I like to focus on balance, core stability and flexibility for a healthy and injury free, active, daily lifestyle. I enjoy motivating JCC members of all ages and fitness levels through personal training, teach power pump and spin classes and work as fitness centre co-ordinator most afternoons.

**CLIENT TESTIMONIAL:** *"I started training with Julie about 3 months ago. My wife said "Go for it, I haven't been able to train you in 35 years!" We have focused on balance and core muscle strength - important issues for an aging jock wannabe. The sessions are challenging and varied - Julie has great intuition with respect to how her clients are feeling during a particular session and what exercises are working. She is clearly a very capable and entertaining personal trainer."* - Ron Vexler