



Amie Loga

BScK, Certified Personal Trainer, CFC, PFS, MES

Education:

- Bachelor of Science Kinesiology (BScK)
- Fitness and Lifestyle Management Diploma (FLMP)
- Certified Personal Trainer - Can-Fit-Pro
- Certified Fitness Consultant – Canadian Society for Exercise Physiology
- Medical Exercise Specialist (MES)
- Pre and Post natal Fitness Specialist – Can-Fit-Pro

Philosophy

Amie Loga has been employed with the Adelaide Club for the past five years, where her role has advanced to a level three personal trainer. As a personal trainer, Amie's goals are to increase her client's wellbeing and overall health while educating them so that they may successfully achieve their personal aspirations. Amie is knowledgeable in resistance and core training, postural body awareness and cardiovascular training principles. Amie's personal training objectives include assisting clients with special weight issues and improving posture and back strength.

As an accredited Kinesiologist who has amassed two years experience assisting physiotherapists by prescribing exercises to injured individuals, Amie is well suited to provide her clients with guidance for rehabilitative workouts. Amie's commitment to her client's can be reflected through her personalized training programs, which routinely provide a rewarding and fulfilling experience. Amie's career aspirations include advancement in management at the Adelaide club, and extending her knowledge in exercise rehabilitation.

**PERSONAL
TRAINING**

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