



Andrew Jones

BScK, BA Education, ACE Certified Personal Trainer

Education

- Undergraduate degree in Kinesiology from the University of Western Ontario, 2004
- Graduate degree in Education from the University of Western Ontario, 2006
- American Council on Exercise Certified Personal Trainer (CPT), 2006
- Certified Standard First Aid and CPR (C) from Toronto EMS

Philosophy

Continually active in a vast array of athletics from a young age, Andrew has worked his way up to playing and competing at national levels. His dedication to all aspects of personal growth to achieve goals has developed into an extroverted mentality towards helping others do the same. With a little dedication to growth, achievement and side of fun he believes that others may reach their own goals, fitness oriented and otherwise.

Experience

- Captain / Co-Captain of UWO Men's Squash team during 2000-2004 and 2006 seasons
- Assisted training UWO Men's Squash team during all years of education
- Coached the Toronto and District Junior Squash Team, Placed 1st in Ontario Championships
- Canadian University Men's Squash Champion 2006
- Ontario University's Men's Squash Champion 2000
- Member of Ontario Men's Open level squash team 2007-08

**PERSONAL
TRAINING**

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Contact Mary Ann Lee,
Assistant Director of Personal Training,
at 416.367.9957 ext. 155 or
personaltraining@adelaideclub.com
for more information.