



# Anna Lampignano

Ace Certified Exercise Specialist

## Certifications:

- ACE Certified Personal Trainer
- Lifestyle & Weight Management (ACE)
- Post Rehab Specialist
- RTS (Resistance Training Specialist) - Level I
- New York City Ballet (cert. GE)
- First Aid
- CPR
- Sports Performance Institute (SPI) Levels I & II
- Thai Massage Levels I & II

## Philosophy

Anna believes that no one formula or theory for exercise will suit all individuals equally. This allows her to provide her clients with the right guidance and applications for movement, with great focus on how to achieve better results from even the most basic exercises. By facilitating the understanding of one's physical capabilities and best personal prescription for exercise, she hopes to inspire her clients to reach their full health and fitness potential, incorporating challenging exercises, lots of variety and maintaining a genuine interest in her clients' goals.

## Experience

- One of five personal trainers to implement Personal Training at The Adelaide Club.
- Top producing Adelaide Club trainer since 1995.
- Clients range between the ages of 14-75.
- Has over 20 years experience in the health and fitness industry.
- Named by **Toronto Life Magazine** as one of the city's top five group exercise instructors.
- Received **IHRSA's** achievement award for group exercise.
- Movie set experience is as follows: Worked as a post rehab specialist, trainer and coach, on and off camera, on the set of 'Medal Seeds', a documentary on the training and psychology of the child athlete.
- Appeared for three years on the internationally televised fitness program -- "Fitness Zone".
- Has hosted, co-hosted, and appeared as a fitness expert on morning news shows and infomercials.
- Attended **The National Ballet School** and performed with **The National Ballet of Canada**.

**PERSONAL  
TRAINING**

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