



Blair Lyon

FLMP-GBC, MES, CPTN Certified Personal Trainer

Education

- Lifestyle and Fitness Management Program (FLMP) – George Brown College
- MES – Medical Exercise Specialist
- CPTN -CPT– Certified Personal Trainer
- Kettlebell Level I & II

Philosophy

Blair Lyon has been a personal trainer in the industry for 15 years. He has had the great opportunity to work with all different levels of clients, everyone from the exercise enthusiast with no experience in the gym setting to the professional athlete. Blair's passion for fitness comes from a "strong" background in strength training and athletics. As a member of the Ontario Powerlifting Organization Blair competed as a national level Powerlifter for 10 years and has participated in high levels of sports throughout his life.

Blair started off his career at George Brown College where he obtained a diploma in the Fitness and Lifestyle Management Program.

Since finishing school Blair has not stopped educating himself. He is certified by CPTN and has a FLMP (Fitness and Lifestyle Management). A few of his courses include *Exercise Techniques* by SPI (Sports Performance Institute), MES (Medical Exercise Specialist). Blair is a firm believer in continuing education and self improvement; He is constantly evaluating new courses in order to help his clients work successfully towards their goals.

Blair's training philosophy is that each training session should be goal orientated, intense and fun. Blair works very hard at helping his clients reach their goals and has had some great success at it.

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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.