



## Charlyn Gibson

B.A.H., CPT, MES, PFS, SPI Level 2, LWMC

### Education:

- B.A.H., Queen's University
- Certified Personal Trainer - A.C.E.
- Medical Exercise Specialist
- Pre and Post Natal Fitness Specialist - Can-Fit Pro
- Pre and Post Natal Fitness - Baby and Me Fitness
- Lifestyle and Weight Management Consultant
- SPI Level I and II

### Philosophy

Charlyn fell in love with weight training when introduced to it by a friend 14 years ago. It made her feel empowered, strong and very alive. Today, as a Certified Personal Trainer, Charlyn translates her passion for fitness into motivating and fresh workouts that inspire her clients.

Charlyn continues learning about alternative forms of fitness to help provide her clients with a holistic approach to improving their lives. Whether it is Thai Massage or Pre and Post Natal care, she can provide relevant and helpful information that customizes her clients training experience to meet their needs. She is known for her sense of humor and this makes every workout a memorable experience for her clients. Charlyn continues to improve her knowledge of how fitness can help women manage physiological and psychological changes that occur as a result of aging, pregnancy and other health related issues.

**PERSONAL  
TRAINING**

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