



Dena Ryde

BA, MES, NWS, PFS, CPTN Certified Personal Trainer

Education:

- Certified Personal Trainer - CPTN
- Medical Exercise Specialist - AAHFRP
- Pre and Post Natal Specialist - Can Fit Pro
- Nutrition and Wellness Specialist - Can Fit Pro
- Certified Bootcamp Instructor- Can Fit Pro
- Holistic Lifestyle Coach - level 1 C.H.E.K

Philosophy

It's no secret that achieving a fit, fabulous physique is hard work, but the rewards are well worth it! Finding that delicate relationship between diet and exercise can be challenging without proper instruction and guidance, especially with the hectic lives we all lead.

For over 8 years Dena has been working as a certified personal trainer, helping people achieve their fitness and lifestyle goals. She specializes in the areas of pre and post-natal training and medical post-rehab training but her clientele includes a variety of people, ranging in age, and across all levels of the fitness spectrum; from athletes to novices. Each client is provided with a customized program, tailored to meet their goals and specialized needs. With the integration of mind, body and spirit, fitness and overall wellness is a lifestyle that she is committed to helping her clients achieve.

FITNESS IS A WAY OF LIFE! There are countless physical and mental benefits to leading a healthy lifestyle. It is the harmonic balance of healthy eating, regular exercise, effective stress management and preventative health care that ultimately enables you to function and perform to your best ability. Remember, **YOU** are in control of how you look, feel and live! Take charge and go for it.

**PERSONAL
TRAINING**

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