



Dexter Delves

Boxing/Kickboxing trainer

Certifications:

- Jump rope certification - Can-Fit-Pro
- Boxing Ontario - Level 2 license

Background

Starting in 1980, Dexter trained under Master Paul Chan at Hong Luck's Kung Fu Club in Do Pai Style. In 1983, after three years of vigorous training in boxing, kickboxing and kung fu, he became an Assistant Instructor and toured China with Hong Luck. Dexter performed various kung fu demonstrations and defeated the 1985 Hong Kong champ in his first Kickboxing fight. Special demonstrations and choreographies included: various hand forms and brick breaking.

Philosophy

Dexter's fresh approach to personal training incorporates Boxing, Kick Boxing and self-defense techniques to produce the optimum workout for both the body and the mind. His proven methodology has helped his clients see measurable results: weight loss, decreased body fat, increased strength, muscle endurance, flexibility, confidence and energy levels.

Squash, golf, hockey, basketball, or swimming; Dexter's training is sure to benefit you in your sport.

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