



## Gillian Morrow

Personal Trainer

### Education:

- Fitness and Lifestyle Management – George Brown College
- Certified Personal Trainer – Canadian Society for Exercise Physiology
- Certified Fitness Consultant – Canadian Society for Exercise Physiology
- Certified Fitness Instructor – Ontario Fitness Counsel
- Fitness Instructor Specialist – Can Fit Pro
- Fitness Professional – Federazione Italiana

### Philosophy

“Move to inspire, inspire to move”

She has worked with great enthusiasm in the fitness field for nearly twenty years and finds genuine satisfaction in helping her clients reach their individual goals. She firmly believes that physical fitness is an important part of overall wellbeing and that each person should understand what inspires and motivates them to move. A physically fit body is an important component to living life well; it helps develop a strong, healthy bond to your mind and spirit.

Gillian spent many years exploring and participating in different areas of sport, dance and fitness as well as studying human anatomy and physiology so that she can offer her clients a unique, fun and challenging experience, specific to their needs.

She considers herself to be very lucky to work in this sector and over the years has used her knowledge to help others. She believes that it is really important to give back to the community so she has frequently presented in fitness events for charity in Canada and Europe. She also volunteers her time to work in various children's programs and associations.

**PERSONAL  
TRAINING**

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