



Joanna Rosenfeld

B.H.K. UBC

Personal Trainer Specialist (Can-Fit-Pro)

Certified Level 2 Ski Coach

Education:

- B.H.K. - Exercise Science with a specialization in Psychology (University of British Columbia)
- Personal Trainer Specialist (Can-Fit-Pro)
- Academic and Athletic All-Canadian (UBC Varsity Alpine Ski Team)
- Certified Level 2 Ski Coach
- Standard First Aid and CPR Certified
- First Responder/Volunteer Paramedic for the Israeli Red Cross

Philosophy

Joanna has been active in sports and physical activity from a young age. She was a competitive ski racer and competed for the UBC Varsity Ski Team throughout her University career. After her Varsity eligibility was complete, she re-joined the team as a Physical Trainer where her training was focused on improving power, balance and agility. In addition to working with elite athletes, she started an organization in Vancouver aimed at improving the quality of life for disadvantaged women through exercise and healthy lifestyle decisions.

Joanna believes that physical activity is a foundation of living a healthy life. Taking inspiration from her ski racing training, Joanna will lead you through both simple and complex movements that will improve posture, endurance and strength.

Joanna places a strong emphasis on adopting a healthy lifestyle, both physically and mentally, and she looks forward to helping you attain your fitness goals.

**PERSONAL
TRAINING**

www.adelaideclub.com
cambridge group of clubs

Contact Mary Ann Lee,
Assistant Director of Personal Training,
at 416.367.9957 ext. 155 or
personaltraining@adelaideclub.com
for more information.