



Mary Ann Lee

Hons B.A.Sc., FLMP-GBC, MES, CPTN Certified Personal Trainer

Education:

- Lifestyle and Fitness Management Program (FLMP) – George Brown College
- Hons. B.A.Sc., Applied Human Nutrition – University of Guelph
- MES – Medical Exercise Specialist
- CPTN -CPT– Certified Personal Trainer
- Kettlebell Level II

Philosophy

Mary Ann Lee has a passion for fitness and has been a personal trainer for nearly a decade. Her clients come to her with a variety of goals, ranging from weight loss and injury rehabilitation to increased sports performance. Her knowledge, energy and empathy enable her to understand her clients' goals and help them achieve them.

Mary Ann started off her career at Guelph University where she obtained a degree in Applied Human Nutrition. To compliment and expand her knowledge of healthy living she went to George Brown College where she excelled in the Fitness and Lifestyle Management Program.

Since finishing school Mary Ann has not stopped educating herself. She is certified by CPTN, has a FLMP (Fitness and Lifestyle Management) diploma and a Bachelor of Applied Science in Human Nutrition. A few of her courses include *Exercise Techniques* by SPI (Sports Performance Institute), *Sport Strength Level 1 – Twist Conditioning*, *MAT (muscle activation technique)-Lower/Upper Extremity, Trunk, Neck and Spine* and *MES (Medical Exercise Specialist)*. Mary Ann is a firm believer in continuing education and self improvement; she is constantly evaluating new courses in order to help her clients work successfully towards their goals.

Mary Ann's high client retention rate reflects the positive changes her clients experience. She loves sharing the empowering feeling of a strong body and realizing undiscovered possibilities. Her specialties are weight loss, toning, post-rehabilitation, and pre-and post-natal fitness.

"Everything in Moderation and Balance"

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.