



## Nicole Nerling

B.Sc, PTS, CFC, MES

### Education:

- B.Sc Kinesiology - McMaster University
- Personal Training Specialist - Canadian Fitness Professionals
- Certified Fitness Consultant - Canadian Society for Exercise Physiology
- National Coaching Certification Program – Trained Coach - Introduction to Competition
- Medical Exercise Specialist – American Academy of Health, Fitness and Rehabilitation Professionals
- KettleBell Certified

### Philosophy

You can do anything you set your mind and body to! And sometimes a little extra guidance and support is just what you need to achieve the extraordinary.

Nicole's knowledge and passion for fitness and health can empower you to achieve your goals! Nicole's expertise will give you the ability to strengthen, train and reduce the risk of injury by teaching you how your body moves and functions optimally to ensure postural and muscular balance.

Functional training is vital part of every program Nicole designs to improve core strength and back health and increase overall power and speed. So whatever and wherever you perform physically it is to the best of your ability, whether it be climbing stairs more comfortably or improving your foot speed on the court.

With Nicole's competitive athletic background as both a successful varsity athlete and coach you can be certain your workouts will be dynamic, challenging, tailored to your individual needs and, of course, fun.

So whether you are looking to stay competitive or get competitive, Nicole's training methods can get you where you want to be...on your feet or at the top of the squash ladder.

**PERSONAL  
TRAINING**

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