



Ryan Lundrigan

GBC-FLMP, MES, Can Fit Pro PTS, CFC

Education:

- Fitness and Lifestyle Management Diploma (FLMP)
- Certified Personal Trainer – Can Fit Pro
- Medical Exercise Specialist
- Experience training clients with pathology and special needs
- Contract Trainer at an exclusive resort and studio in the Turks and Caicos Islands
- Kettle Bell Level I
- CPR/AED/First Aid

Philosophy

Ryan believes that consistent exercise should be a vital part of a healthy balanced lifestyle. It is essential that an exercise regime contain exercises and/or activities that pertain to ones specific goals. During each personal training session, Ryan's objective is to make sure that each of his clients executes proper technique to prevent injury. His goal is to motivate each client to maximize their results and to ensure that they stay positive and have fun!

Ryan has been a personal trainer at The Adelaide Club for 7 years. As Ryan's career progresses he continues to educate himself to come up with new and innovative techniques to train and motivate his clients. He understands the everyday stresses that a day can bring and always does his best to have his clients leave with a positive and optimistic outlook.

Ryan will motivate, encourage and support each client to help them bridge the gap between where they are and where they want to be!

**PERSONAL
TRAINING**

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