



Jill Buckley

BA, CPT, Advanced Kettlebell, Power Plate Instructor

Education:

- Carleton University, BA Psychology 94
- George Brown College, FLMP 98
- Chelse Fulham College, London, UK 08
- Nike training Instructor
- V-Core Instructor
- Advanced Power Plate Instructor
- Personal Training Punch Instructor (Boxing)
- Advanced Kettlebell Instructor
- Certified Spinning Instructor- MDA
- Certified Personal Trainer Virgin Athletic

Philosophy

A fitness enthusiast since she could walk, Jill has always believed in the benefits of a healthy lifestyle. In 2007 while living abroad, she left her corporate event planning job to be able to help teach and inspire others the benefits of fitness. She trains herself and coaches her clients using a “keep it simple and effective” philosophy. In addition to one-on-one training, Jill’s passion extends into group exercise where you will find her spinning away in indoor cycling, or motivating members in a circuits class. Jill sees herself as a partner in her clients’ goals, focusing on safety, posture, and body awareness while maintaining an element of fun!

Blessed with an abundant amount of energy, Jill has finally found her place where she can channel it into something beneficial...motivating others to reach those goals and love exercise as much as she does!



PERSONAL TRAINING

www.adelaideclub.com
cambridgegroup of clubs

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