



# Featured Trainer: Tyler

## *A Life in Sports and Fitness*

As a young athlete, I was always fascinated by the constant battle between performance and injury. Thanks to a great team of coaches I learned the impact of good instruction on injury prevention and recovery, and I saw a great opportunity to help people improve their quality of life through health promotion and injury prevention.

I have been studying athletic therapy and exercise physiology through Camosun for years now, which has opened a few different pathways. As of this year, I am certified by the Canadian Society for Exercise Physiology as a personal trainer, and I intend to certify as an exercise physiologist and an athletic therapist, next year.

As a certified exercise physiologist, I will expand my work to help those recovering from chronic conditions and injuries. I hope to reach a greater audience by contributing to community health programming, and injury prevention practices both in and out of the workplace.

Join me at one of the centres below for an orientation, drop-in to a class or book a personal training session.

*You can find me at:*

| <i>Monday</i>  | <i>Tuesday</i>                                 | <i>Wednesday</i>   | <i>Thursday</i>  | <i>Friday</i>                                 | <i>Saturday</i>  |
|--|--|--|--|---|--|
| <b>Gordon Head</b><br>Circuit<br>9:00-10:00am<br><b>Commonwealth</b><br>Biggest Loser<br>6:30-7:30pm | <b>Gordon Head</b><br>Circuit<br>10:00-11:00am | <b>Cedar Hill</b><br>Circuit<br>9:15-10:15<br><b>Gordon Head</b><br>Circuit<br>12:00-1:00pm<br><b>Commonwealth</b><br>Biggest Loser<br>6:30-7:30pm | <b>Pearkes</b><br>Enduro<br>5:00-6:00pm<br>Big Wellness<br>7:00-8:00pm | <b>Pearkes</b><br>Orientations<br>5:00-6:30pm | <b>Pearkes</b><br>Orientations<br>9:15am<br>Teen<br>10:30-11:30am<br>Seniors<br>11:30am-1:00pm |

*Are you more interested in personal training, small group training or maybe you just need a little help to get on your way? No matter which Saanich Centre you like to be at, I can be there for you!*

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| <b>Cedar Hill</b><br>Phone: 250-475-7121 | <b>G.R. Pearkes</b><br>Phone: 250-475-5400 | <b>Gordon Head</b><br>Phone: 250-475-7100 | <b>Commonwealth Place</b><br>Phone: 250-475-7600 |
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