

CSEP-CPT

# Hi, I'm Shawn

## PERSONAL TRAINER

In 2015, Shawn launched his personal training business, initially called Shawn R Training and later rebranded as SR Training. His focus was on helping individuals achieve their fitness goals. Over time, his vision expanded to encompass a holistic approach to health, emphasizing balance and wellness.

This evolution led to the creation of TruFit Wellness, representing growth in both skills and purpose. TruFit Wellness prioritizes fitness, nutrition, stress management, and overall well-being, aiming to empower individuals to thrive in all aspects of life, further then just the gym.

This next chapter is about building something meaningful together. Welcome to TruFit Wellness—let's make it happen! If you see Shawn around feel free to stop him and ask any questions about training, the equipment or your well being.



## NASM CORRECTIVE EXERCISE

### AREAS OF INTEREST



Endurance



Strength Training



Mobility



Conditioning



Boxing



Cross Training



Mind Body  
Connection



Resistance  
Training



Education



Instructing

### PERSONAL TRAINING PACKAGES

**CONTACT**  
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trufitandwellness.ca

Sessions	Price
Single - 30 mins	\$55
Couples - 1 hour	\$105
Single - 1 hour	\$105
Couples - 1 hour	\$160

*Please note that sessions are in person.  
GST is not included in prices listed above.  
Sessions must be used with 90 days of consult.*