



Hi, I'm LorieAnne

CERTIFIED PERSONAL TRAINER SPECIALIST

I am LorieAnne, Personal Trainer Specialist. Currently studying courses in Active Aging and Nutrition.

I am passionate about longevity for healthy living and believe it can be achieved through movement, nourishment and social support.

I have engaged in physical activity throughout my adult life from endurance sport to resistance training.

For me, physical activity has been the means to enjoy quality time with family and friends.

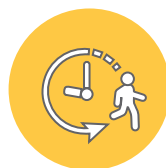
I believe in an individualized approach and consider your background to set you up for success in your fitness journey.

It's never too late!

CERTIFIED
PERSONAL
TRAINER
SPECIALIST



AREAS OF INTEREST



Endurance



Strength Training



Mobility



Instructing



Resistance
Training



Education

PERSONAL TRAINING PACKAGES

Please email lamsamoisette@gmail.com, call or text **250-801-4924** for information on client packages and pricing.

Various packages available from 1 - 25 sessions depending on the goals discussed at the initial consultation.