



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REACH YOUR WELLNESS GOALS WITH US

Iain is a National Academy of Sports Medicine Certified Personal Trainer with more than 20 years of experience in the fitness industry.

He specializes in injury prevention and rehabilitation, weight loss/maintenance, strength building and flexibility. His goal is to help clients improve their body's function and maximize their ability to engage in the activities they love.

Iain has worked with all types of clientele from snowboarders and endurance athletes to those who have never set foot in the Y before. Clients can rely on Iain to provide variety in workouts as he constantly strives to create new and invigorating programs to challenge each client's body and mind. As a committed endurance athlete Iain has a passion for learning new knowledge about fitness and recreation and sharing that information with his clients.

In his spare time he loves to skateboard, road and track race, travel and train with his daughter and wife. "I believe our bodies are amazing machines worthy of the freedom and inspiration freedom provides."

**SIGN UP TODAY**



**GET FABULOUS  
GET FIT  
GET STARTED**

**Iain**

