

## **School of Health and Human Studies**

### **Fitness & Health Promotion**

2001 - 2007

<b>Company</b>	<b>City</b>	<b>Position</b>
Au Pair In America	Mukilteo, WA, USA	Nanny
Body Boomers Fitness Club	Whitby	Personal Trainer / Fitness Instructor
Bon Eco Park	Cloyne	Woodlot Attendant
Canadian Forces Base	Trenton	Fitness & Sports Instructor (2)
Canadian Forces Base (NPF)	Kingston	Fitness and Sports Instructor
Canadian Forces Personnel Support Agency	Borden	Personal Trainer / Fitness Instructor
City of Brampton	Brampton	Fitness Programmer
Copperfield's Fitness and Rehabilitation Centre	Trenton	Personal Trainer / Aerobics Instructor
Courtplex Fitness	Kelowna, BC	Personnel Trainer
Curves for Women	Belleville	Manager
Curves for Women	Bolton	Fitness Consultant
Curves for Women	Grand Forks, BC	Personal Trainer
Department of National Defense	Borden	Fitness Instructor
Good Life Fitness	Belleville	Customer Service / Member Ambassador
Good Life Fitness	Belleville	General Manager
Good Life Fitness	Kingston	Membership Coordinator
Granite Club	Toronto	Fitness Consultant
Haldiman Hills Spa Village	Grafton	Personal Trainer
Mitchell Total Fitness	Mitchell	Fitness Instructor / Personal Trainer
National Sports Development Training Centre	Calgary, AB	Floor Supervisor
Persechini's Fitness & Health	Newmarket	Personal Trainer
Premiere Fitness	Kingston	Personal Trainer
PSI	Ottawa	Assistant Physiotherapist
Range of Motion	Cannington	Trainer and Fitness Instructor
Rehab Plus Rehabilitation and Fitness Centre	Timmins	Fitness Consultant
Self-Employed	Unspecified	Personal Trainer / Exercise Instructor
Skyline Club	Etobicoke	Personal Trainer
St. Anne's Country Inn & Spa	Grafton	Fitness Instructor

Strength Tek	Belleville	Fitness and Wellness Consultant
Today's Fitness	Guelph	Personal Trainer
Tony Greko	Ottawa	Personal Trainer
Total Fitness	Kingston	Trainer
Tri-Fit	Oakville	Assistant Fitness Coordinator
Tri-Fit	Oakville	Fitness and Wellness Consultant
Tri-Fit	Mississauga	Wellness Coordinator
YMCA	Unspecified	Personal Fitness Trainer
YMCA	Kanata	Membership/Sales Rep.