

Gina Smith

Gina has been professionally training for 18 years. She is an International Sports Sciences Association Certified Personal Trainer and an ISSA Nutrition Fitness Specialist. She also holds certifications in cycle, TRX, TABATA Bootcamp and Wilderness Leadership through AMC.

Gina believes fitness is a life long journey that you build one step at a time. It involves- Physical, Mental, and Nutritional Components that constitute the building blocks of a healthy lifestyle.

Gina enjoys working with someone who is committed to improving their overall health through core, functional training, strength, safety and nutrition.

Hours available to train:

Monday and Wednesday 5:30 to 8:30pm

Tuesday and Thursday 830 to 1030am

Friday 9:45am to 12pm

