

**For Personal Training our choice is:
Trudie German Owner of Body Envy
Mobile Personal Trainer and Boot Camp Class Leader**

Personal trainer, teacher, motivator, and cheer leader are just some of the many roles Trudie steps into when personal training her clients and leading her own boot camp classes.

Trudie's certifications and achievements include:

- Certified National Academy of Sports Medicine (NASM)
- Certified CANFITPRO Personal Trainer (CPT)
- Certified CANFITPRO Fitness Instructor
- Certified Reebok Spinning Instructor
- Certified Older Adult Specialist (OAS)
- TWIST BOSU and Resistance Certification
- 2nd Place- OPA Figure Short Champion

You are invited to visit Trudie's website and contact her about personal training:

www.bodyenvy.ca