



MARK FREITAS

Personal Trainer

My mission is to inspire you to become the strongest version of yourself through exercise.

I have a passion and enthusiasm for health, wellness, and fitness. I have always enjoyed being physically active, especially strength training. I have been with the YMCA for over 5 years and enjoyed every moment of it. Being part of the Y has been rewarding in so many ways. I love being part of the Y community. As a Personal Trainer I am here to help coach, educate, and motivate you to achieve your fitness goals. My mission is to inspire you to become the strongest version of yourself through exercise.

I can design safe, effective, and enjoyable personalized workout routines for various fitness levels. I believe in functional movement training which can help you perform your everyday life tasks much easier. The first step is for you to book a complimentary Personal Training appointment with me so we can talk about your fitness goals. There is no limit to the potential you can reach throughout your fitness journey. I look forward to working with you and helping you reach that potential.

CERTIFICATES

- Health, Wellness and Fitness Degree, Mohawk College
- CanFitPro Personal Training Specialist
- YMCA Personal Trainer Certification
- Twist Sport Conditioning Bosu Ball Certification
- Heart Wise Exercise Training
- CSEP Physical Activity Behaviour Change
- Standard First Aid & CPR/AED Level C

CONTACT ME

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