



CAELAN FERNANDO

Personal Trainer

Personalized workouts, dedicated support, and real results for a healthier, stronger you!

Growing up, my first exposure to a gym was at my local YMCA. This experience, alongside my love for athletics, is what cultivated my passion for fitness.

Currently, I am a Certified Personal Trainer through CSEP, and I am studying Kinesiology at the University of Waterloo. This has equipped me with knowledge and skills in exercise prescription and programming for a wide range of individuals. I have a broad understanding of how to implement different types of training into a tailored fitness program to help you achieve your short- and long-term goals.

I aim to share my passion for exercise by helping people reach their goals because I believe success in the gym carries over into living a more fulfilled and positive life!

CERTIFICATES

- Certified Personal Trainer — Canadian Society for Exercise Physiology (CSEP)
- Candidate for BSc in Kinesiology and Health Sciences
- Member of the University of Waterloo Men's Varsity Rugby Team
- Standard First Aid & CPR/AED Level C

CONTACT ME

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