

I believe that fitness is not just about physical strength; it encompasses mental and emotional well-being as well. As a personal trainer, I take a holistic approach to training, focusing on creating well-rounded programs that address each client's unique needs and goals. I strive to foster a positive and supportive environment, empowering my clients to push past their limits and achieve results they never thought possible. Also, throughout my career, I have had the privilege of working with individuals from various backgrounds and fitness levels. Whether it's helping someone lose weight, build muscle, improve athletic performance, or simply adopt a healthier lifestyle, I am committed to providing personalized guidance and unwavering support. I believe in setting realistic goals, celebrating milestones, and continuously challenging ourselves to grow and evolve.

Continual education and professional development are crucial to me. I am constantly seeking opportunities to expand my knowledge and stay up to date with the latest research and trends in the fitness industry. This allows me to incorporate innovative techniques and strategies into my training methods, ensuring that my clients receive the most effective and efficient workouts. Outside of the gym, I strive to lead by example. I prioritize my own health and wellness, incorporating regular exercise, nutritious meals, and self-care practices into my daily routine. By practicing what I preach, I aim to inspire and motivate my clients to make positive changes in their own lives.

Clients' successes are my motivation and drives me to continuously improve as a trainer. I genuinely care about client's success and am honoured to be part of the journey. Together as a team, we discover and unlock their full potential by creating a healthier, happier, stronger, best version of themselves.

Amanda Shulba

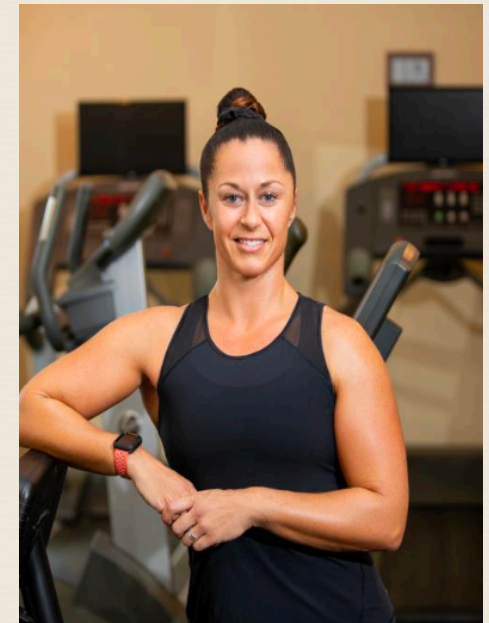


Join Amanda for:
Personal Training
Group Fitness Classes
Nutritional Coaching
Fascial Release Sessions
TRX Training
CPR Training
Fitness Instructor Specialist
Training
Exercise & Stress Management
Training



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AMANDA SHULBA



canfitpro certified:
Personal Trainer
Fitness Instructor
Fascial Movement Specialist
canfitpro PRO TRAINER - FIS, CPR
GGG Level 1 Coach
PN Nutrition Coach
Certified Metabolic Conditioning
Certified Exercise & Stress Management
Group Cycling Instructor
DO Fit Certified Professional



GROUP SPECIALTY PROGRAMS

Duration 4 weeks

Members 299\$. Non Members 499\$

2-hr sessions a week

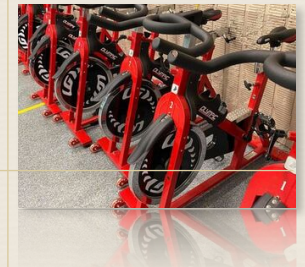
3-6 participants

Included is program template with information on strength and conditioning training and nutrition information



CYCLE STRENGTH

A dynamic group specialty 4 week program that combines the invigorating benefits of targeted strength training exercises for any cyclist. High-energy sessions is designed to challenge participants both aerobically and anaerobically, participants will experience well-rounded workouts that not only boosts overall fitness but also leaves them feeling empowered and accomplished. Whether you're a seasoned cyclist or new to the fitness scene, Cycle Strength offers a fun and effective way to elevate your indoor or outdoor cycling experience. Join us for a transformative experience that pushes boundaries and unlocks your full potential!



OFF-SEASON SOCCER PERFORMANCE PROGRAM

Elevate your game with our specialized Off-Season Soccer Performance Program designed exclusively for dedicated soccer players. This comprehensive group program focuses on enhancing key aspects of performance during the off-season period, ensuring you're in peak condition for the next season.

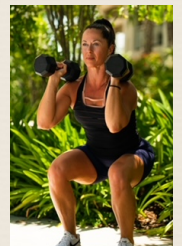
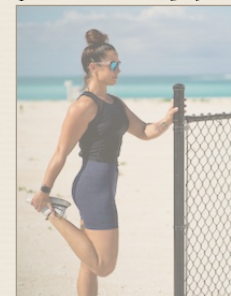
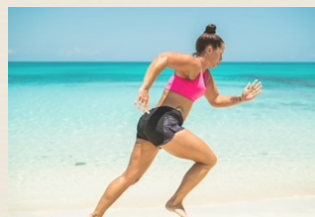
Tailored strength training routines targeting soccer-specific muscle groups to enhance explosiveness, agility, and overall power on the field.

Flexibility and Mobility Stretching routines and mobility exercises to improve range of motion, reduce injury risk, and enhance recovery between games.

Nutritional Guidance, advice on optimal nutrition for fuelling performance, recovery, and overall health.

Structured programming to ensure progressive overload and peak performance at key intervals leading up to the start of the new season.

Join our Off-Season Soccer Performance Program and take your game to new heights. Whether you're a seasoned player or just starting out, this program is designed to give you the competitive advantage you need to dominate on the pitch.



Hello! My name is Amanda Shulba and I am a dedicated and passionate personal trainer. My journey in the fitness industry began several years ago when I discovered my love for helping individuals achieve their health and wellness goals.

Fitness has always been a significant part of my life. Growing up on a farm, I developed a strong work ethic and a deep appreciation for physical labor, which laid the foundation for my journey as a personal trainer. From a young age, I participated in soccer and outdoor activities, fuelling my fascination with the human body and its potential for strength and transformation. This passion led me to pursue a career as a personal trainer, where I could make a positive impact on people's lives.

My fitness career began with GoodLife Fitness. I had the incredible opportunity to inspire and guide individuals on their fitness journeys within a dynamic and supportive environment. From leading high-energy group classes to providing one-on-one training sessions, I thrived on helping clients push their limits, achieve their goals, and witness their personal transformations. My time at GoodLife Fitness allowed me to cultivate a strong passion for empowering others and fostering a sense of community through the power of fitness.