

Hello! My name is Luke Clarke,

I am a multiple time Jiu Jitsu medalist in the Submission Arts Atlantic League, an amateur mixed martial arts fighter trained in Muay Thai, Boxing, Wrestling, and Jiu Jitsu .. and recently back from 7 weeks training at the prestigious Tiger Muay Thai gym in Phuket, Thailand as well as a member of the Canadian Armed Forces.

My journey into the fitness industry began years ago as a youth heavily involved in sports and recreation. After enjoying a successful “school career” and graduating from High School I focused all my time and energy into training martial arts, learning and working on creating a strong unbreakable mind, as well as my diet and physique.

My military service taught me discipline which is one the most key features to a strong and healthy body and mind, and I’m here not just to simply help you do an extra push up or lose a few pounds, I will change the life of anyone willing to subscribe and put in the work with me to becoming an overall better person mentally, physically and spiritually.



Join Luke for:
Personal Training
Nutritional Coaching

To Contact Luke:
Call him at 902-790-2946
Or
Inquire at the club!



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LUKE CLARKE



Certified ISSA Personal Trainer

Nutrition Coach
MMA fighter

Brazilian Jiu Jitsu - Blue belt
Infantry soldier



TRAINING IS LEARNING

When I'm not training, well, I'm training! Working on my own technique and performances across multiple disciplines or training others to reach their own goals using a strong mental fortitude and proven SAFE training techniques to push yourself to either greatness, or simply to achieve your short term goals in a fun, and positive environment. I can push you to uncomfortable limits to unlock your greatness, or work at your pace to achieve your results.



My success is your success period, we all win while getting in shape and breaking through the invisible glass ceiling and achieving new heights and surpassing even our wildest fitness goals.

Walk the Walk

I, like most of my incredible peers in the industry, practise what I preach, by prioritizing my own health and nutrition I am able to showcase that self care practices do work with the right mindset, time, and energy.

Your Goals

We will work together as a team to clearly set and surpass your goals while having fun and being positive. It will be hard work, but you will never be pushed to achieve tasks that you don't have the capability to unlock within yourself.

Your Success

If you believe, if you have will, if you're willing to push, if there is something inside you to unlock we will do it together. You will feel your success each and every time we work together, you will feel your success when you look in the mirror and see results, you will feel your results by the compliments you receive from your support group.

That's ***my promise to you*** as we embark on **YOUR** new journey together as a team setting new ceilings to smash through no matter how big or small your goals are.

