



HEIKE SIXTUS

Personal Trainer

I am able to bring my experience and compassion to make the journey to fitness rewarding and successful.

I am passionate about fitness, everyone's fitness. Whether you are young and just starting a lifelong fitness regime, mid-life and trying to get into shape or a senior striving to stay mobile and active, I will guide you on your path. Experienced and certified in many fitness styles including AquaFit, Yoga, Stabilizing Ball, Resistance Training, Body Sculpting, and Aerobics, I can design a program that will suit anyone's fitness level and interest.

Over 20 years at the YMCA as well as a popular instructor at many local community centres, I am able to focus on client's goals and bring my experience and compassion to make the journey to fitness rewarding and successful. I firmly believe that whatever your health, shape or age, anyone can achieve a higher level of fitness and health with proper training.

CERTIFICATES

- YMCA Personal Training Specialist
- Group Fitness Instructor — Aqua, Strength, Stability Ball, Yoga/Flexibility
- Workshops with P. Chek, J.C. Santana, and P. Twist
- Packard School of Nutrition — Certified Consultant
- Specializing in Functional Training, Mobility/Rehab, and Healthy Lifestyle Coaching. Single, Couple, and Group Training
- 15 Year YMCA Service Award

CONTACT ME

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