

## Meet our Fitness Instructors!



### **Shelley Murdock:**

Personal Trainer, teaches: HIIT, Low Impact Circuit Training and Fundamental Fitness. Canfitpro personal trainer, certified Fitness Kickboxing instructor, certified yoga instructor, Yin and Restorative Yoga certification, Black Belt Taekwon-Do, studied physical education.

Fitness is supposed to be fun. Whatever your favourite activity or sport - whatever makes you smile, breathe deeply, and to move more! Challenge yourself daily to enjoy a healthy active lifestyle. As a passionate Certified Personal Trainer, my role is to motivate, enable and make training a fun and rewarding experience. I love to see my clients achieve their personal health and fitness goals, through a tailored approach of regular fitness activities and guided

fitness programs.

Shelley's Motto: Movement is sunshine to my soul – move more every day.



### **Nina LePage:**

Nina LePage has taught fitness all her adult life and is a certified CanFit Pro fitness teacher as well as an Urban Poling (Nordic Walking) Instructor. Nina started her fitness career in Stockholm, Sweden. She taught groups as large as 500 people in the Rålambshovsparken in downtown Stockholm. Born and raised in England and with Swedish parents, her love of the outdoors has always been a big part of her life. She worked as a health and fitness trainer on the Island of Mallorca and in the French Alps at the ski resort Avoriaz.

Nina has lived in several countries in Europe and in California (San Diego and San Francisco) and Washington DC and is now based in Ottawa, Ontario.

Sharing her love of the outdoors has led her to teach power walking and fitness walking and most recently Nordic walking groups wherever she has been living. In San Francisco. She taught power walking for many years in Ottawa from 1999 to 2005 and since 2012 has been teaching Nordic walking. Nina teaches various fitness classes including core strength, senior fitness and aerobics for +55.



### **Dana Raymond:**

I am originally from Yarmouth NS and have always had an active lifestyle. I fell in love with fitness because of its many benefits to my own personal physical, mental, and emotional health. My passion has evolved into wanting to help others achieve their own fitness goals. I am a mother of three wonderful children that drive my passion for being active and fit. I want to be strong for them and encourage them to achieve whatever possible.

Canfit Pro Personal Training Specialist, First Aid and Level C CPR certification, Heart Wise trained. My specialties include: weight loss, endurance training, muscle and strength building, mobility, flexibility and functional movements for everyday life. My goal is to positively guide, motivate

and empower you through your fitness journey. I will provide you with the necessary tools and coaching to help you achieve your personal goals. With me you are in the no judgement zone, everyone has his or her own reasons for getting fit or becoming more active. You have to start somewhere so why not start now!



**Martina Flekalova:**

Martina has spent over ten years motivating people and helping them become active. As a sports therapy specialist and physical education teacher, Martina is dedicated to teaching fitness and to developing innovative, enjoyable and effective fitness programs. As a leading fitness professional, she practices a range of fitness regimes and she is continually teaching a series of workshops, seminars and courses. She is also training new teachers so they can bring the philosophy of her fitness method to as many people as possible. It gives Martina great pleasure when her clients start to experience the benefits of her Progressive Pilates Technique and Method of Corrective Exercises. As they notice improvements in their body physically and mentally during their sessions, they are able to apply Martina's basic principles into everyday life and stay active and flexible throughout their lifetime.



**Lynda Pedley:**

Lynda is a professional level yoga and meditation teacher, who guides beginners on their journey into yoga. Lynda's purpose is to remove the barriers to individuals' belief in their potential to live life to the fullest at whatever stage they are. Her approach to yoga is based on two principles of invitation and inquiry. By offering choice and encouraging curiosity, she guides students to connect with their body in the present moment: empowering them on and off the mat. Feel free to visit Lynda at [www.LyndaPedley.com](http://www.LyndaPedley.com).