

CALA Aquafit Personal Trainer – Private pool – Scarborough ON
Must have CALA certification

Searching for a versatile trainer for my 68-year-old husband, who would be able to train him as effectively in a gym, as in the water.

He has been working out steadily for several years, but his desk job, fondness of food, and lack of motivation have stood in the way of his achieving an excellent level of fitness for his age.

He enjoys work outs in the water with styrofoam weights, as well as in the gym, and speed walking in the park system across the street. Cool downs and stretches, post exercise are important elements of his workout routines.

He is in general good health for his age, without any pre-existing conditions that would impact his ability to do moderate work outs.

Our indoor pool is 33' long, approx 12'wide and ranges from approx 3' to 10' deep.

Pool kept at approx 89F.

Best times for workouts would be 7:30- 8:30, 2-3 times per week.

The trainer must be an excellent motivator with positive energy.

His preference would be for a female.

Candidates must be suitable to train someone like my husband, applicants must have his preferred early morning time slots available, and are interested in accepting him as a client.

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