

Meet Dylan Harries

[B. Rec; B.Sc. (HK); C.A.T; CSCC]

CALA Master Trainer and Creative Director



As a former 4-time artistic roller skating champion and world team member, Dylan is a renowned athletic trainer & performance coach to national & international level figure & roller skaters. He travels the world educating & inspiring fitness leaders and athletes with his passion, high energy, sound technique & wild creativity. In his 30 years of professional experience, he has acquired industry certifications in a variety of modalities and is currently a CALA specialty master trainer & creative director, senior director at Body Rock Fitness International, the health, fitness & sports manager at Dovercourt Recreation Centre and sits on the fitness and promotions program advisory committee at Algonquin College.

Certifications

CALA: GAF, Healing Waters, Aqua Kickbox, Aqua Running, Aqua Mat, HydroRider, Ai Chi and Liquid Barre

Canfitpro: PTS and FIS

YMCA Canada: Group Strength, Cyclefit, Pilates Fundamentals and Older Adults

AEA: Aqua Yoga, Aqua Arthritis, Ai Chi and Hydrorevolution

Savvier Fitness / Fit Pro Programming: Barre Above (Master Trainer), Tabata GX (Master Trainer), Balletone (Trainer) and Extreme HIIT Chaos (Trainer)

Ageless Now Academy: Functional Aging and Bender Ball

Sports Performance Institute: Personal Trainer (Level 2)

Mad Dogg: Spinning (Star 2)

Fitness Anywhere: TRX (Suspension Training)

BOSU Fitness: Bosu Balance Trainer (Instructor)

Ottawa Heart Institute: Heart Wise

Sports Canada: NCCP (Level 2)

