



BRETT FORSEY

CERTIFIED PERSONAL TRAINER/
FREELANCE FITNESS PROFESSIONAL

PROFILE

Energetic and empathetic fitness professional, focused on helping you move your body with confidence.

STRENGTHS

- Teaching/Coaching
- Training clients with current or previous injuries
- Training clients with mental and physical health challenges.

TRAINING METHODS

- HIIT (High Intensity Interval Training)
- Circuit Training
- Cardio Intervals
- Partner/Team Training
- Calisthenics/Body-weight training

CREDENTIALS

- Canadian Society for Exercise Physiology - Certified Personal Trainer (CSEP-CPT)
- YMCA Canada
 - Certified Group Fitness Leader (Cycling, Strength, Choreography & Aquatic fitness modalities)
- MOSSA
 - Certified Group Power Instructor
- Schwinn
 - Certified Indoor Cycling Instructor
- Canadian Red Cross
 - Certified Standard First Aid/CPR/AED Rescuer (Level C)
- Brock University
 - Master of Education Degree (MEd) - Teaching, Learning and Development - 2014
- Brock University
 - Bachelor of Physical Education Degree (BPhEd) - 2003

EXPERIENCE

- 15 years as a Certified Personal Trainer and Group Fitness Instructor serving the Niagara Region.
- 6 years as a Post-Secondary Instructor and Field Placement Coordinator in the Fitness and Health Promotion Program at Niagara College.
- 3 years as a Fitness Coordinator/Manager with the YMCA of Niagara.
- 3 years as a Fitness Entrepreneur.
- Currently serving clients with Kinetic Synergy Fitness, Movement Unlimited Inc., and through mobile training.
- For more information, visit me on LinkedIn.