

Biography of Barb Houle

Certifications

- Diploma in Fitness and Nutrition
- American Academy of Health, Fitness, and Rehab Professionals Certified Medical Exercise Specialist
- Twist Conditioning as a Sport Conditioning Coach
- BCRPA Personal Trainer, Group Exercise, 3rd Age and Strength Training Instructor



Experience

- 22 years in Fitness Industry

Along with one to one program development Barb teaches a wide range of classes including Boot Camps, Circuit Classes, Spin Classes, and the “Healthy Backs” Program.

Having competed in sports at a high level, as well as being an avid runner and cyclist, Barb’s main interests are sport specific training, injury rehabilitation and prevention, and lifestyle functional fitness/weight management. An ongoing passion for Barb is providing exercise prescription and education for those individuals living with specific health issues such as Type 1 or Type 2 diabetes, total hip and knee replacements or those who are new to fitness training.