

# Biography of Michele Coates

## Certifications

- Supervisor of Fitness Leaders Designation, BCRPA (land & water)
- Specializing in Ironman Training
- Personal Trainer, BCRPA
- BCRPA Fitness Leader – Group Fitness/ Aquatic Fitness/ Weight Training



I am glad to finally be living in Penticton after moving from Abbotsford with my family.

I have always been an athlete-running my first Marathon at the track just to see if I could do it (that's 105 laps by the way). I knew then that I was destined to work in the fitness industry but it wasn't until after I had my daughter in 1998 that it truly kicked in. I am very proud of my two children, Jaimy and Jackson who have cheered me on at every event.

I worked as a Manager of the Running Room where I taught all of the Clinics- from Learning to Run to Marathon Running. I recertified myself as a Fitness Instructor in 2000 and worked towards all of the certifications including Personal Training and even completed my Supervisor of Fitness Leaders Certification that allows me to evaluate other Instructors.

My strengths lie in my passion for hard work and my athletic style. I have completed over a dozen marathons including recently completing the Boston Marathon. My true passion is Triathlons where I have completed my 4<sup>th</sup> Ironman Canada. One thing is for sure, I feel that it is my obligation and duty to work my classes as

hard as I can. I know that we all have our personal bests and it is my job to help you reach your maximum potential.