

Biography of Tracy Clark

Certifications

- BCRPA Fitness Theory
- BCRPA Weight Conditioning
- BCRPA Group Fitness; step and indoor cycling

Tracy discovered her love of fitness while working part time at a fitness centre in the Lower Mainland as she attended journalism school. It was a job at a newspaper that brought her to the Okanagan in 2003.

While working at the Penticton Western News, Tracy's ongoing passion for health and fitness prompted her to get a part time job at City Centre Fitness in 2005. In late 2008, Tracy decided to take her love of exercise one step further and pursue a career in the fitness industry. She has completed the required courses for becoming a BCRPA certified weight trainer and group fitness instructor. Today she enjoys teaching spinning classes and finding as many different ways as possible to stay active in the beautiful Okanagan Valley!

