

Trainer-educators				
First name	Last name	Specialty	Location	Email
Andrea (Andy)	Kitchen	CO, CH, CY, MB	Calgary	andy.kitchen@calgary.ca
Gisele	Tennant	CO, CH, CY, MB, AQ, OA	Calgary	tennantga@shaw.ca
Helen	Vanderburg	CO, CH, CY, MB	Calgary	helen@helenvanderburg.com
Judy	Cudrak	CO, CH, CY, MB, AQ	Calgary	judycudrak@shaw.ca
Kim	Leong	AQ, OA, CO, CY, CH, MB	Calgary	klkimleong@gmail.com
Lana	Asuchak	OA, CO, CY, CH, MB	Calgary	lana@la-interactive.com
Pam	Manzara	OA, CO, CY, CH, MB	Calgary	pmanzara@shaw.ca
Ruby	Dunai-mangold	AQ, CO, CY, CH, MB	Calgary	rubydunai@gmail.com
Barbara	Smail	CO, CY, CH, MB	Calgary	smail.barb@gmail.com
Joan	Carlson	CO, CY, CH, MB, OA	Calgary	jfitnut@gmail.com
Michelle	Cederberg	CO, CY, CH, MB	Calgary	info@michellecederberg.com
Collette	Gasper	CO, CY, CH, MB	Edmonton	collettegasper@gmail.com
Dot	Laing	CO, CY, CH, MB, OA	Edmonton	retrofitfitnessforlife@gmail.com
Katherine	Mackeigan	OA, AQ, CO, CY, CH, MB	Edmonton	
Lisa	Workman	CO, CY, CH, MB	Edmonton	info@lisaworkman.com
Michelle	Tobias-pawl	AQ, OA, CO, CY, CH, MB	Edmonton	newgetko@gmail.com
Naissa	Preston	CO, CY, CH, MB	Edmonton	naissapreston@gmail.com
Lorelle	Warr	CO, CY, CH, MB	Grande Prairie	lwarr@nwpolytech.ca
Diane	Charko	AQ, OA, CO, CY, CH, MB	Leduc	diane.charko@shaw.ca
Elaine	Jagielski	OA, CO, CY, CH, MB	Lethbridge	elaineja@telus.net
Caylee	Vogel	CO, CY, CH, MB	Lethbridge	caylee.vogel@hotmail.com
Krista	Olsson-Campbell	OA, CO, CY, CH, MB	Medicine Hat	kristaymca@hotmail.com
Deborah	Menard	CO, CY, CH, MB	Plamondon	debnorm@mcsnet.ca
Tracey	Gall	CO, CY, CH, MB	Red Deer	tracey@balancelifestyle.ca
Sarah	Geisler	AQ, OA	Sherwood Park	sarah.l.geisler@gmail.com
Joanna	Auger	OA	St. Albert	jclair@ualberta.ca
Holley	Christianson	CO, CY, CH, MB	St. Albert	holley.christianson@gmail.com
Karen	Mcintyre	AQ, CO, CY, CH, MB	St. Albert	karen@happyhealth.ca
Kelly	Sadoway	CO, CY, CH, MB	Whitecourt	kellysadoway@whitecourt.ca

Assistant trainer-educators				
First name	Last name	Specialty	Location	Email
Amanda	Cole	CO, CY, MB, OA	Calgary	acole@calgary.ca
Eileen	Forbes	CO, CY, CH, MB	Calgary	egforbes@shaw.ca
Lancette	Burton	CO	Calgary	lancetteb@hotmail.com
Patty	Grant	MB, CH, CO, OA, AQ	Calgary	pattygrant2361@gmail.com
Simone	Hodgkinson	CO, CH, MB	Calgary	simoneh@shaw.ca
Susan	Simpson	MB, CO, CH	Calgary	ssimpson99@shaw.ca
Robin	O’grady	CH, CO	Calgary	robin@ogradyfitness.com
Janette	Young-larocque	CH, CO, MB, OA, AQ	Cochrane	janetteyl@shaw.ca
Yvonne	Dicristafaro	AQ	Edmonton	yvonneiii@hotmail.com
Danielle	Smith	CO, CY	Edmonton	danielles.smith@telus.net
Erin	Post	CH, CO, CY, MB	Grande Prairie	erinpost@hotmail.com
Bonnie	Jordan	CO, MB, CY, AQ	Beaumont	kinzy@live.ca
Lesley	Mcewan	CH,CO, MB, OA	Spruce Grove	lesleylifestyles@gmail.com
Maelynn	Ives	CH, CO, CY, MB, AQ	Sturgeon County	mcives@shaw.ca
Judy	Cooper	CH, CO, OA	Wabamun	judy.cooper@meta-fitness.com