

Catherine D'Aoust

A sought-after trainer for business executives and community based participants, Catherine has over 26 years experience in fitness training.

She consults for ICBC (The Insurance Corporation of BC) and is knowledgeable about rehab and training of back, hip, knee and shoulder injuries.

She conducts regular Body Ball, Osteofit, and Healthy Heart classes.

Catherine knows what works best for different ages and fitness levels and will share her knowledge and experience with

you. Catherine is also an enthusiastic outdoors woman who loves adventure and personal challenge.



Interests:

Hiking, Backpacking, Rock Climbing, Kayaking, Skiing, Trail Running, Half Marathons, Grouse Grinding.

Professional Engineer,

Certifications:

Bachelor of Science, Kinesiology, Minor in Gerontology, BCRPA registered Personal Trainer, qualified Older Adult, Osteofit and Weight Room Fitness Instructor, Body Ball Core Conditioning, BOSU trainer, Bootcamp training.

Contact information:

P.604 329.1257
