

Martina Yabekova

Your wellness is my passion. With a holistic focused approach we can break through boundaries to discover your needs. There is more than ONE way to reach your goals, together we will find YOURS.

Fitness should be fun!



Certifications:

Registered BCRPA Personal Training, Group fitness Training and Third Age; YMCA Group fitness Training; Twist Conditioning BOSU®; Fit 4 Two™ Pre and Post Natal Fitness; YMCA Trainer of Trainers; Can-Fit-Pro Nutrition and Wellness Specialist; East to West Yoga.

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