

Natalia Orekhova

Natalia holds black belt 2nd Dan in Taekwondo; she was a winner of BC Provincial Taekwondo Championship (2007), has been a member of Israel Taekwondo National Team for 9 years, and a 9-year champion of Israel. She won international Taekwondo competitions including Europe Grand pry, World Taekwondo Championships, European Taekwondo Championships. Natalia has more than 10 years of experience working with a variety of clients from elite athletes to seniors to teenagers and prenatal and postnatal women.



Philosophy.

Previously, when I was training actively in taekwondo, I had the benefit of a great personal trainer so when I later became a personal trainer myself; I understood the importance of what a difference a committed and motivated personal trainer can do for an individual. Therefore, even today, I continue to regularly train with a personal trainer. Thus, having been on both sides of the spectrum, I believe I can help individuals attain their personal goals.

Certifications:

Registered BCRPA Personal Trainer, Group Fitness Instructor, Third Age Instructor; Physical Instructor for children; "spinning" Instructor; Weight Room Trainer; Bosu Core Trainer; Taekwondo Instructor. Fit 4 Two Pre and Post Natal Fitness instructor.

Contact information:

E:taeshape@hotmail.com; P. 604.773.5584
