

Rocio Kriwoy

Rocio has more than 10 years of experience on the fitness industry and is passionate about helping individuals reach their fitness goals and work together on a better quality of life.

She believes fitness it's not just about looking good in the gym but training to be able to do every day tasks in a safer way.

Rocio keeps current on the ever changing fitness studies by attending seminars, conferences and workshops and doing constant research on the field.

She's also a presenter at the workshops: "Gliding Fitness" at the YMCA and "Gliding into Yoga" at the Arbutus Club.



Certifications:

Registered BCRPA Personal Trainer, Group Fitness instructor, Third Age Instructor; Certified FI Yoga Teacher.

Contact information:

E: r_kriwoy@shaw.ca; P. 604.269.2412
