

# JOSHUA DAMBERGER

joshdamberger@gmail.com (780) 781-7616 cell

I am a friendly, hardworking person, who is passionate about wellness and life balance and about helping you achieve your goals.

## PREVIOUS EXPERIENCE

**As an experienced trainer, Fascial Stretch Therapist, and multiple award winning employee, I have led hundreds of individual and group training with the following:**

**Innovative Fitness**

**Orange Theory Fitness**

**Equinox Fitness Club**

**Steve Nash Gym**

**World Health**



I work with you to understand your unique goals and challenges and develop fun and effective custom group and individual training programs and can advise you on nutritious and delicious recipes to help you with your overall fitness goals.

## CREDENTIALS

- **PERSONAL FITNESS TRAINER CERTIFICATION - Elevated Learning Academy (Calgary)**
- **American Council on Exercise Certification**
- **Red Cross Standard First Aid Certification**
- **Fascial Stretch Therapy Practitioner Certification**
- **Dotfit Nutrition Certification**
- **Olympic Lifting Certification (Canfit)**