



Cathy Roberts

Cathy's goals as a personal trainer are to provide a safe and effective program for people to recreate or restore their bodies. Compassionate, caring and knowledgeable, Cathy has been specializing in the older adult population (50+) through Osteofit group fitness classes (geared towards fall prevention and bone health) and is also certified in the eyecare industry. Cathy will help anyone to become familiar and comfortable in the weight room while reaping the benefits of strength training. The benefits being increased energy, weight loss, reduced stress, better sleep, better posture, better balance to name a few. "Increase function while having fun"

BCRPA Registered Personal Trainer * BCRPA Registered Weight Trainer *BCRPA Osteofit Instructor
BCRPA Group Fitness Instructor *Certified Canadian Optometric Assistant