



## **Joanne Lomax**

Joanne's fitness journey began as a competitive runner, culminating in the marathon distance. Through her experiences she learned the importance of total body fitness and this motivated her to become a Personal Trainer. She would love to help and inspire you to reach your fitness goals, whatever they may be. Joanne believes that fitness should be fun and strives to make your workout fun and enjoyable.

BCRPA Registered Personal Trainer