



Michele Dolan

Physical activity is a great tool in managing stress, improving quality of life and maintaining a strong sense of well-being. As a personal trainer Michele's experience and training are used to carefully design and tailor programs that meet the needs of the client. Michele can help you find a path to a more active lifestyle that fits. .

BCRPA Registered Personal Trainer * BCRPA Registered Aquafit Instructor
BSc Geology * Arthritis Society Jointworks and Waterworks Instructor