

ARIANA CANALEZ

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER
IS TO HELP YOU
LIVE UP TO
YOUR FULLEST
POTENTIAL

Training Philosophy:

Everyone has different goals and respectively, reasons for why they want to achieve those goals. Whether these are goals for high level athletic performance, general fitness, or for just getting back into a wellness routine, it's important to stay on the right path to achieve them. It is my job to help clients have a thorough understanding of their fitness and wellness goals, and what it will take to get there. The other part of my job is to determine the safest, most efficient and most fun way for my clients to improve their fitness. By doing this, I aim to help all clients and members reach their fullest potential!

Experience:

Personal Trainer- Since 2015

Competitive Swim Coach- Since 2010

Swim Instructor- Since 2009

Certifications:

- NASM Certified Personal Trainer
- CPR/AED Certified
- EXOS Fitness Specialist

Education:

- M.S. in Dietetics (In progress)
- B.A. in Philosophy, UC Santa Cruz

Interests:

Watching and playing sports, camping, hiking, playing with my two dogs, swimming, traveling, reading, being outside, going to the beach.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery