

RAB C.O.R.E. Trainer Listing

For specific certification course listings by date and location, or for more information, please visit us at www.canfitpro.com or contact your local RAB C.O.R.E. Trainer directly.

Disciplines: Level One = Resist-A-Ball C.O.R.E. Level One
Level One = Resist-A-Ball C.O.R.E. Level Two

Yoga = Yoga with the Resist-A-Ball
Pilates = Pilates with the Resist-A-Ball

Province	Last Name	Contact Number	Email	Discipline	Territory
Alberta					
	Mottram	403.609.9589	mmottram@sympatico.ca	Level One + Level Two	Banff
	Sheryl	Fieldstone 403.531.5875	sfieldstone@westsiderec.com	Level One + Level Two	Calgary
	Angela	Staley 780.906.7365	astaley@shaw.ca	Yoga	Edmonton
British Columbia					
	Tim	Hawke 604.638.5207	tim@timhawke.com	Level One + Level Two	Vancouver
	Monique	Hurteau 604.764.6049	monique@movewithintegrity.ca	Level One + Level Two	Vancouver
	Barb	Gordon 780.460.9716	gordbarb@telusplanet.net	Level One + Level Two	Kamloops, Barriere
Manitoba					
	Cassidy	Papaidannou 204.334.9159	prariehip@aol.com	Level One + Two2 + Pilates + Yoga	Winnipeg
New Brunswick					
	Michael	Powell 306.657.2348	mespowell@hotmail.com	Level One + Level Two	Saint John NB
Nova Scotia					
	Tracy	Cipryk 902.468.8920	tcipryk@nubodysfitness.com	Level One + Level Two + Pilates + Yoga	Halifax
	Sue	Molloy 902.346.2028	sue@maraboufitness.ca	Yoga	Halifax
	Kati	Latorovszki 902.229.9273	klatorovszki@accesswave.ca	Yoga + Pilates	Waverly
Ontario					
	Erin	Andersen 416.277.8561	erin@canfitpro.com	Level One + Level Two	Pickering
	Irene	Arndt 519.576.3507	iarndtc551@rogers.com	Level One + Level Two	Kitchener
	Gloria	Atkinson 905.822.5240 x 276	gatkinson@ontarioracquetclub.com	Level One + Level Two	Mississauga
	Andrea	Barrow 613.532.9889	barrow_andrea_celitha@lilly.com	Level One + Level Two	Kingston
	Jennifer	Black 519.271.0480	jenfitness@hotmail.com	Level One + Level Two	Stratford
	Louise	Blais 905.735.2211 x 7734	lblais2@cogeco.ca	Level One + Level Two	White Oaks, Niagara College
	Louise	Bottenfield 905.765.8122	gr8msb@hotmail.com	Level One + Level Two	Hamilton
	Celine	Bourque 705.567.1940	No Email Available	Level One + Level Two + Yoga	Kirkland Lake
	Lisa	Caldana 416.617.4422	lisacaldana@hotmail.com	Level One + Level Two	Thornhill
	Jennifer	Elawadi 416.826.4593	jennpryce@hotmail.com	Yoga + Pilates	Richmond Hill
	Marla	Ericksen 613.276.2901	empowerme@hotmail.com	Level One + Level Two + Yoga	Ottawa
	Hans	Held 705.526.3453	hans@hjhheld.com	Yoga + Pilates	Parry Sound
	Leanne	Henwood-Adam 416.675.6622 x 4186	leanne.henwoodadam@humber.ca	Level One + Level Two	Etobicoke - Humber College
	Theresa	Holdsworth 905.579.5556	theresa_holdsworth@rogers.com	Level One + Level Two	Oshawa, Whitby, Ajax
	Norma	Fabbro 613.746.8710	normafabbro@canada.com	Level One + Level Two	Ottawa
	Thomas	Meldrum 519.659.2541	goldsfm@sympatico.ca	Level One + Level Two	London
	Cathy	Mills 905.688.2032 x 5209	cmills@whiteoaksresort.com	Pilates	Niagara Region
	Vera	Needham 519.619.0895	gvh@prochlight.ca	Pilates	London
	Andy	Purmals 519.836.3794	apurmals@sympatico.ca	Level One + Level Two	Guelph
	Sue	Rochester 416.491.5050 x 6221	rochester@sympatico.ca	Level One + Level Two	Scarborough, North York
	Patricia	Skibinski 519.763.5431	patskibinski@sgci.com	Yoga	Guelph
	Dawn	Sommerville-Picotte 613-345-4623	dmsp10@hotmail.com	Level One + Level Two	Brockville, Cornwall
	Robert	Steigele 416.707.7012	robert@kinconcepts.com	Level One + Level Two + Pilates	Toronto
	Julie	Thom 705.725.4311	jthom15@hotmail.com	Level One + Level Two	Barrie
	Louise	Vigneault 416.931.3465	louyse@hotmail.com	Yoga + Pilates	Brampton
Saskatchewan					
	Lisa	Strom 306.374.3388	l2strom@sasktel.net	Level One + Level Two	Saskatoon
	Sandra	Scissons 306.955.4731	sandra.siccons@shaw.ca	Level One + Level Two + Yoga	Saskatoon

To register for a great Resist-A-Ball certification courses, or for more information, contact Can-Fit-Pro at 1.800.667.5622 x 224 or email us at courses@canfitpro.com.