

Chantelle Harty

Personal Trainer & Fitness Instructor



Years teaching:
7 years.

What do I teach?

Chantelle has successfully completed the Resistive Trainer and Portable Equipment Group Instructor Certifications through Fitness Alberta.

Why is fitness a passion?

Fitness is a passion of mine because I love feeling stronger and healthier. As well I like to live a healthy lifestyle for my children, I want to be able to be active with them as well as develop a love for fitness within them. I love being able to see progress over time, whether it is lifting more, moving easier or just feeling better. I also strongly believe good eating habits and exercise are the basis to living a long and healthy life.

What do I want for my students/yogis?

I want to help my clients meet their goals and unlock their hidden potential, by finding a fitness activity that they enjoy and can incorporate into their lives. Fitness is a forever thing that everyone needs, we cannot stop moving, and if I can help develop a liking for fitness or movement then I have done my job.

Fun Facts about me:

I love swimming and water sports, especially tubing. One time I was tubing with my leg in a cast as I had a broken foot, I hit a wave and went like 12 feet in the air and landed it, it was a great moment.

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Justin Simpao

Personal Trainer



Years teaching:
3+ years.

What do I teach?

Justin is a Registered Physiotherapist and a Certified Personal Trainer (CSEP). He specializes in Strength Training, Functional Training, Post-Rehabilitation, and Sports-Specific Training. Additionally, he teaches Kinesiology students at the college level.

Why is fitness a passion?

I've seen firsthand how a tailored fitness regimen can transform lives, helping individuals recover from injuries and improve their quality of life. My drive comes from witnessing the profound impact that proper training and rehabilitation can have on someone's ability to return to their daily activities, engage with their families, and lead a fulfilling life. Being able to help others achieve their health and fitness goals, and ultimately support them in living better, more active lives with their loved ones, is incredibly rewarding to me.

What do I want for my students/yogis?

I want to help my clients achieve their optimal health and fitness, tailored to their individual needs and goals. My focus is on improving their physical capabilities, boosting their confidence, and enhancing their overall quality of life. Whether they're aiming to build strength, recover from an injury, or simply lead a more active lifestyle, I'm dedicated to supporting them in reaching their personal best.

Fun Facts about me:

I'm really into true crime documentaries. I love diving into the mysteries and figuring out the clues—just as long as I can do it from the safety of my couch!

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