

Warren Hodgson



Certifications

- B.A – P.Sc
- CanFit Pro – CPT
- Fitness/Cardio Kickboxing Instructor – Level I

About Me

Always driven, always motivated! I have spent my professional sales career teaching others how to be successful by solving problems and overcoming obstacles. Now I am bringing that same drive and determination to the world of fitness. I have been boxing as a sport for the last 6 years, and I have played hockey at a competitive level for over 17 years. In that time I attended several skate camps focused on speed, strength and agility. I pride myself on my ability to motivate others, and to aide them in bringing out their best!!

Interests

Amateur boxing, hockey, golf, cycling, home renovation projects. I am also committed to continuing my fitness education.

Training Philosophy

To achieve and maintain balance in all aspects of health & fitness. Health & fitness isn't something you do... it is a way of life!

~ Strong Mind, Balanced Spirit, Healthy Body ~

ROCKBODY
BOOT CAMP