



I live by the mantra, “Be the change you wish to see in the world.” I take pride in my work; I help people accomplish their life goals. I not only educate my clients on the ‘how’ part of exercise and lifestyle management, but also the ‘why.’ After all, I want you to be the change you wish to see! I am merely the catalyst, helping you along your journey to health and wellbeing.

My focus as a Personal Trainer is on weight loss and rehabilitation. I take the time to carefully map out your goals, abilities and limitations and help you set a realistic timeframe to achieve success! I will then help you every step of the way, every time you fall off the wagon, getting you back on the path to success.

I have every trick in the book! If you want to lose weight, I’ll show you how—the right way. If you want to learn to run, I’ll help you out. If you want to see your abs pop, I’ll get you there. You just have to talk to me!

Please contact me if you:

- Wish to lose weight
- Are at any age or ability level
- Need a challenge
- Have reached a plateau and can’t get over it
- Wish to get on the path to better health
- Need a specific exercise program
- **Want results!**

“I had gained a significant amount of weight, and because of previous injuries in a car accident, I had difficulty walking. I’ve been training with her since April and I’m now walking without a limp, down 30 lbs and I feel great!

Brittany’s perseverance, patience and sense of humour keeps me coming to the gym and enjoying my workouts!”

Carla H.

“I always learn things from you! You’re an endless book of useful information! I never know what I’ll learn during my workout but I know I’ll learn something!”

Alison N.

Dave Orton - Fitness Director



Abe Ammari - Chiropractic Student / MMA Fighter

" Training with Dave is probably one of the best decisions I have ever made. I am a highly active person who competes in Mixed Martial Arts and submission grappling. At one point I hit a plateau and heard Dave was the man to see. Once seeking his help and after hearing my problems Dave understood and knew exactly what needed to be done. His Knowledge and passion for Personal Training has given him a great reputation for getting the job done and he proved it with me. Knowing that a basic workout was not for me, he incorporated his S.H.I.F.T. system which put me at a whole new level of training and ability. I dropped over 30lbs in just over two months and am still maintaining it. Thanks Dave for never giving up on me."

