

Sarah Mulaner has been an **A.C.E. Certified Personal Trainer since 1995**, working actively to help her clients achieve their dreams. The American Council on Exercise (A.C.E.) is a highly respected certification with a twenty year history of excellence.

Sarah's passion is most evident when working with clients in their home or workplace. She has extensive experience working with innovative equipment and training techniques such as plyometrics, Slastix, balance pods, the agility ladder and the BOSU — all of which are portable tools that she brings with her. Sarah is a Sport Conditioning Specialist (Balance Level 1) with Twist Conditioning and CanFitPro. She attends conferences and workshops often to continually upgrade her skills and to stay current and motivating.

A **Yoga Exercise Specialist (Y.E.S.)** with East to West Yoga, Sarah has been practicing Yoga since 2001. She has worked with all ages including those as young as four years old and those into their golden years. Sarah enjoyed teaching yoga through her pregnancy several years ago, and offers classes for both men and women, as well as teens, youth and parent/child classes.

In managing the fitness centre at The Oakville Club, Sarah had occasion to train many seniors in their first fitness endeavor. She initiated a successful older adult class called "Strength and Stretch" with the goal of increased mobility, improved strength, balance training and greater flexibility for participants so they could experience a more energetic life. **Sarah is an Older Adult Specialist with CanFitPro.**

With over fifteen years experience training hundreds of happy clients, Sarah and her team of certified trainers have had great success in bringing fitness into the home and office with dynamic and exciting routines.

Clients are matched with a trainer according to their needs, goals and preferences. Many of the trainers specialize in working with clients who are runners, triathletes or who are training for seasonal sports (hockey, dragon-boating, tennis and other racquet sports, etc.). Several of the trainers work specifically with overweight clients, youth, busy executives, moms or older adults.

Imagine Fitness has a network of personal fitness trainers serving the Burlington, Oakville and Mississauga areas as well as the GTA and Golden Horseshoe.



Sarah Mulaner
Owner, Imagine Fitness