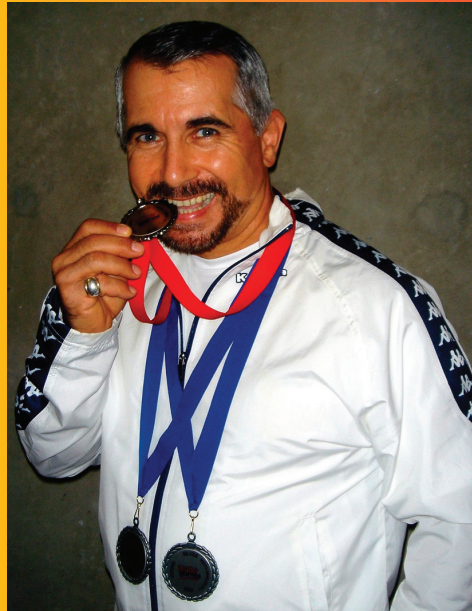


# Ion Radulescu

Ion Radulescu is a personal trainer and coach, with many years of experience teaching individually and in group settings. He is recognized as a Certified Fitness Consultant by the Canadian Society for Exercise Physiology, and besides being an NCCP-certified (National Coaching Certification Program) coach in gymnastics and swimming, he is pursuing status as a coach with Tennis Canada. As an active participant in the Seniors Games for persons 55+, he won Gold (municipal level) and Silver medals (provincial level) in swimming, Silver medals in single and double mixed tennis (municipal level), and most recently, the Bronze medal (provincial level) in alpine ski. “Train for health” is his philosophy, and he considers any kind of exercise good as long as you have balance in everything. Ion offers a Specialized Group Weight Training program in the mornings throughout the week.



- Favorite Quote: “You have to breathe, you have to eat and you have to exercise.”
- Training Philosophy: “Train for health.”
- Favorite Equipment: Free weights.
- Favorite Exercise: All exercises are good... you should have balance in everything.
- Certified NCCP Coach, and Tennis Instructor.
- Gymnastics Coach.
- Swimming Coach.
- Personal Trainer.
- Certified Fitness Consultant, Canadian Society for Exercise Physiology.