

Parten'Air



Roger Fortin (on the left) with Michel Dallaire

Roger Fortin personal trainer

**Fitness conditioning
and training partner**

Have you ever said? ...

- % I want to get in shape!
- % I've tried aerobics and weight training at the gym but it just didn't work for me.
- % I don't want to have to travel to a fitness club.
- % I'd be much more motivated if I had a reliable training partner.

Parten'Air offers

- % Fitness and conditioning evaluation
- % Defining your fitness goals and objectives
- % Planning a fitness program focusing on outdoor activities such as walking, jogging, skating, cycling, etc.
- % Regular and frequent updates to the fitness program.

Training partner option:

- % A training partner accompanies you during each of your regularly scheduled training sessions
- % Technical expertise (coaching)
- % Invitation to outdoor group activities with other clients.

Benefits

- % You are being monitored by a certified and insured trainer.
- % You are developing healthy habits of daily fitness activity.
- % You can acquire the knowledge you need to become self-sufficient in planning your training program.

Who is Roger Fortin ?

Roger Fortin is a personal trainer certified by the largest and most recognized canadian association, the *Canadian Fitness Professionals* and by it's american counterpart, the *American Council on Exercise*. He also holds a Baccalaureate in Science with Honors in Human Kinetics specialized in outdoor activities from the University of Ottawa.



To get in touch with your personal trainer:
Rogerfor@istar.ca
(613) 222-8002

Service area



Parten'Air guarantees that your training partner will be at your door (work or home) on time. This means that the service area for the training partner option is the East part of the city of Ottawa as shown by the outline on the map.