

Bio

Alan Horkoff BCRPA

Al grew up in the Okanagan where he discovered his passion for sport, health and fitness. Playing sports such as hockey, baseball and golf from a young age, he knew this was the industry for him. In 2006 he started to pursue his dream in the fitness field. While attending OUC in Kelowna, he took many classes and courses on Personal Training, sport and conditioning, health and wellness. In 2007 he became certified as a Personal Trainer and started working at an athletic center. There he trained and shadowed elite NHL, WHL and BCHL athletes. This is when he discovered that sport and conditioning was the job for him. After moving to Burnaby last year, Al's passion and drive led him to Groundwork Athletics where he plans to build a successful career. He is very energetic and enthusiastic when it comes to training. He feels that there is nothing more rewarding when a client is reaching and achieving their fitness goals.

Accomplishments:

BCRPA Certified: Personal Trainer, Group Fitness Instructor, and Weight Training.
Head Trainer for the Farm Castlegar 2010
Sun Run 2010
Interior Fitness Conference 2007, 2008
Twist Conditioning Camp 2007, 2008
Athlete: Hockey, Golf, Baseball