

Groundwork Athletics

Alan Winterflood – BCRPA

Strength and Conditioning Specialist

Alan's passion for health and fitness goes back 17 years when he began training himself in his high school gym and has been hooked ever since. Although training in the gym is very important and highly enjoyable for Alan his real passion is sports. It began with playing for his high school baseball team and helping his team the regional finals for the first time in team and school history. Alan attended Seneca College in Ontario following high school and during that time he began training to be Firefighter. After 1 year of intense training and schooling sessions Alan was hired as a professional Firefighter where he stayed on as a volunteer for 3 years. In The fall of 2000 Alan made the move to Whistler where he taught snowboarding as a certified snowboard instructor for 3 seasons. Alan has a strong passion for snowboarding and continues to ride the mountains as many times as possible every year. Once arriving in Vancouver Alan became certified as a Personal Trainer and has not looked back since, countless sessions later Alan has helped a number of clients reach their goals.

ACCOMPLISHMENTS

- BCRPA Certified Personal Trainer
- CASI Level 1 Snowboard Instructor
- Professional Firefighter (1998-2001)
- Athlete: Baseball, Hockey, Snowboarding