

ALAN HORKOFF

CHEK HLCL1, BCRPA

PERSONAL TRAINER, ATHLETE STRENGTH
& CONDITIONING SPECIALIST

ACCOMPLISHMENTS

- Paul Chek Holistic Lifestyle Exercise Coach 2011
- Spartan Race 2011
- BCRPA Certified: Personal Trainer, Group Fitness Instructor, and Weight Training.
- Head Trainer for the Factory Castlegar 2010
- Sun Run 2010
- Interior Fitness Conference 2007, 2008
- Twist Conditioning Camp 2007, 2008
- Athlete: Hockey, Golf, Baseball