

ALAN WINTERFLOOD

BCRPA

PERSONAL TRAINER

ACCOMPLISHMENTS

- BCRPA Certified Personal Trainer
- CASI Level 1 Snowboard Instructor
- Professional Firefighter (1998-2001)
- 2009 Fall Classic 10k run
- 2010 Lake Stevens Half Ironman participant
- 2011 Spartan Race participant
- Athlete: Baseball, Hockey, Snowboarding