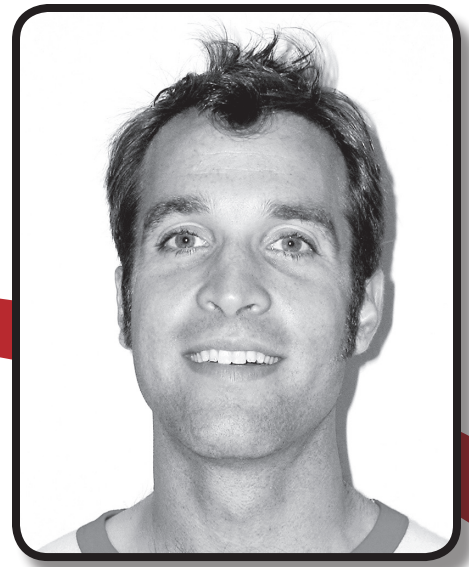




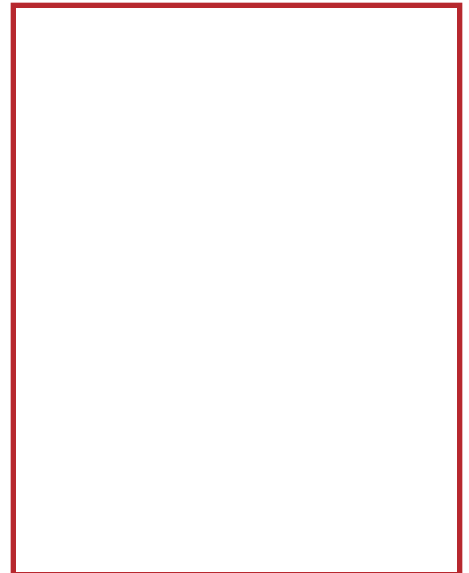
Steve Lachelt



Steve leads the Cardio-Go team with over 10 years of fitness industry experience, a history as an elite athlete, and countless years of education.

Other athletic pursuits led Steve five years in a row to the national figure skating championships, consistently finishing in the top 10 of the Pairs event. More recently, some may have seen Steve competing in local triathlons of various lengths.

Proud of what he has been able to accomplish in others, Steve looks forward to helping you achieve your best at Cardio-Go!



Qualifications

- 2005 Masters, York University
- 1996 Bachelors of Arts, University of Victoria
- 2003 CPTN Post Rehab Specialist Course
- 2002 CPTN Weight Loss Specialists Course
- 1999 CPTN Certified Personal Trainer
- 1995 BCRPA, Personal Trainer's Certificate

