

Nikki Zembal biography

Nikki Zembal is a personal trainer and founder/owner of SoFlo Fitness and Wellness. For over 18 years, Nikki has been known as a personal trainer and group instructor with a boundless passion for sharing her knowledge and expertise with those who are serious about living a healthier lifestyle. As an ACE Certified Personal Trainer and Group Fitness Instructor, Nikki educates clients to obtain maximum benefit while maintaining safety. Proper form and technique are critical in avoiding injury or exacerbating existing injuries. Nikki incorporates circuit and interval training into her fully customized workouts that are designed to maximize effectiveness in shorter amounts of time, giving her clients unprecedented bang for their buck.

Nikki holds numerous professional certifications and accreditation in her field, including:

- Bachelor of Science – University of Toronto
- A.C.E. Group Fitness Instructor Certification
- A.C.E. Personal Trainer Certification
- Aerobic Kickboxing Certification – W.A.K.A.I
- Red Cross CPR and First Aid Certified
- Body Training Systems – Body Attack and Body Step

She also completed courses from some of the most well-recognized trainers and professional organizations in the industry, including:

- Breathe, Stretch and Relax; Linda Christy Weiler CEC
- Super Step; Ken Alan Associates CEC
- The Yoga Connection; Linda Christy Weiler CEC
- Pre and Post Natal Fitness; ACE CEC
- Cholesterol and Exercise, ACE CEC
- Diabetes and Exercise, ACE CEC
- Post-Orthopedic Rehabilitation for Personal Trainers, ACE CEC
- Your Clients FrameWork - 7 Steps to Healthy Muscles, Bones and Joints, ACE CEC
- Cancer and Exercise, ACE CEC

Prior to launching her career as a personal trainer, Nikki competed in lightweight rowing at the University and club levels. She was more recently involved in a serious auto accident and suffered multiple injuries and deals daily with significant pain. Through these experiences, she gained valuable insight into training methods, nutrition and injury prevention, rehabilitation and pain management. Nikki has maintained a strong interest in living a healthy lifestyle and showing others how to as well.

Nikki is an expert when it comes to working with any age group of any fitness level. Whether she is working with pre-teens, post-natal mothers, seniors, thirty-something's, those with specific medical concerns or injuries, Nikki has become known as a trusted partner in all areas related to living healthy, feeling good, and taking charge of one's life. Working with different populations has shown her amazing ways to unleash every

individual's potential as she begins working with them, and she enjoys the challenge of designing the ideal workout and healthy lifestyle choices to suit the needs of every client she encounters.

When she isn't in the gym or spending time with clients, Nikki enjoys hanging out with her family and pets, reading, watching movies and building her business, SoFlo Fitness and Wellness.