



Chlake Raineau

PERSONAL TRAINER



Education and Professional Certifications:

Chlake is a Multi-Certified Fitness Specialist. She programs for post acute medical management clients, providing exercise therapy for a wide variety of chronic conditions as well as cardiac rehab, post stroke and many orthopedic conditions. Chlake is currently pursuing an advanced degree in Exercise Science Physiology specializing in Neuromechanical Kinesiology, her GPA is 3.98. Chlake has been a CT State certified Athletic Coach since 1992. In 2000 she received her certificate in Health Fitness Administration, FRA's highest credential. She is a Certified Personal Trainer and Rehab Specialist . She holds current certifications with the Aerobics and Fitness Association of America (AFAA), The Aquatic Exercise Association (AEA), Fitness Resource Associates Inc (FRA), The Arthritis Foundation of America (AFA) and is a Stott Trained Pilates Mat and Reformer Instructor. Her teaching expertise is diverse including Aerobics, Pilates-Mat and Reformer, Kickboxing, Boxing, Body Ball, Water Classes, Water Therapy and Core Stability Training.

Philosophy: Set your goals high, work hard and never give up!

Activities: Tournament Sport Fishing in Latin America

Favorite Quotes:

“You don't know what you don't know, because you don't know it...”

i.e.: You cannot know about knowledge that you should know, because you may not know it even exists

- Jimmy Williams