



UTM Virtual Fitness



Laura

Virtual Fitness Specialist

Since attending UTM as an undergrad, maintaining an active yet balanced lifestyle has always been important to me. What brings me joy is inspiring others to make small changes to their regular habits to improve their level of wellness both mentally and physically. This pandemic has forced us all to alter our daily routines, but I do feel that incorporating physical activity into our lives helps to make this adjustment a little bit easier.

Skills & Abilities

Bodyweight training / Stretching / Fitness nutrition

Sports & Hobbies

Weight training / Cooking / Walking my dog

Education & Certification

FIS / PTS / PPNFS / MHFSS

Contact Me

rawcfitness@utoronto.ca

Online Fitness Classes

Total Body Burn on Wednesdays @ 5pm

Get Up N' Stretch on Mondays, Wednesdays,
& Fridays @ 2pm

