

Judy Cooper, Certifications, In-Depth Courses

Personal Fitness Trainer Diploma – Nait/Mount Royal College;
Certificate of Gerontology – Mount Royal College; Certified
Meditation Teacher – The Meditation Learning Center;
Comprehensive Matwork Intensive – Stott Pilates; Personal Training
Specialist – CanFitPro; Assistant Trainer in Group Exercise with Step,
Choreography, Portable Equipment and Mind/Body Fitness – AFLCA;
Assistant Trainer in Resistance Training – AFLCA; Assistant Trainer
in Fitness for the Older Adult – AFLCA; Nutrition and Wellness
Specialist – CanFitPro; Fitness Instructor Specialist – CanFitPro;
Older Adult Specialist – CanFitPro; Tribe Team Training Coach for
Tribe FIT, Tribe LIFE, Tribe CORE – Tribe Team Training North
America; Trainer & President – The Physical Culture Association of
Alberta; Home Support Exercise Program Facilitator – Canadian
Center for Activity and Aging; Resist-A-Ball Certification; ViPER
Certification – Twist Conditioning; Hope Studies – Norquest
College; Essential Life Coaching Skills – Coaching Level 1 –
CanFitPro/Fitness Unlimited; Meditation & Mindfulness – YogaFit;
YogaFit Levels 1, 2 & 3, Senior YogaFit, YogaLean Level 1 & 2,
YogaFit Pre & Post Natal;– YogaFit Canada Training System;
Restorative Yoga – YogaFit; Cancer and The Older Adult – American
Academy of Health & Fitness; SrFit – American Academy of Health
and Fitness; Exercise & Functional Training for Older Adults
Certification – Ideal Health & Fitness Assoc.; Ageless Grace
Certification – Ageless Grace; Open the Door to Tai Chi – Tai Chi
Systems; Functional Aging Specialist – Functional Aging Institute (in
progress); Community Drumming Circle Facilitator – Circle of
Rhythms; Precision Nutrition Certification (in progress); GRAVITY
Foundation Course – Total Gym; Bellyfit Instructor; Bellyfit Sage;
Zumba Level 1 and Zumba Gold Instructor; Water Coach
Professional Instructor Level 1; Eccentrics – in progress; Reiki
Master & Reiki Teacher; Level One and Two Pranic Healing;
Advanced Pranic Healing, Pranic Crystal Healing; Kriyashatki; Pranic
Psychotherapy; The Spiritual Essence of Man; Inner Teachings of
Buddhist Revealed; Arhatic Yoga, Preparatory Level & 1 & 2;
Quantum Touch; Colour Sound Therapy – ColourEnergetics;
Vibational Body & Soul Alignment – ColourEnergetics; Lumalight in
Eden Energy Medicine; Sound Healing Level 1 – Ohm Therapeutics;
Access Bars – Access Consciousness; Caring for the Caregiver
Facilitator; Country and Western Couples Dancing and Line Dancing
Instructor; CPR and AED. **Various in-depth studies including:** The

Science of Medical Intuition, Chakra Activation; Sound Wellness Solution – Stress Relief Through Sound Science; How To Teach Meditation; Meditation Instructor Training; The Science of Rolling – Yoga Tune-up; Stott Pilates Injury and Special Populations; Stott Pilates Pre and Post Natal Programming; Stott Pilates Program Design; Stott Pilates Postural Theory; Stott Pilates Scoliosis Training; Integrating Structural Assessment Into Movement Analysis; Stott Pilates Programming and Athletic Conditioning; Stott Pilates Lumbo–Pelvic Region Stability and Function; Stott Pilates Zenga; Fundamentals of Corrective Exercise; Knee Post–Rehab; Get Pain Free–Gluteus Medius; Fix My Back Pain; Spine Post–Rehab; Self Myofascial Release; Trigger Point Therapy; Functional Training; Scientific Back Training; Scientific Core Training; Bender Ball Foundation; Bender Ball Total Body Conditioning; Metabolic Conditioning; Fitness Consultant; Functional Fitness for the Older Adult; Functional Power Training for Older Adults, The Science of Functional Aging; Using Function to Avoid Dysfunction in Aging; Functional Circuits for Aging Clients; Anchor Point Training; Activmotion Bar Training; The Fast Track To Change–Setting and Achieving Goals; Ever Active Adults; TaeKwonDo