Adam Nunvar

Personal Trainer · Kinesiology Student

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PROFILE

CanFitPro-certified personal trainer and fourth-year kinesiology student. One-on-one personal trainer at Humber Athletics since 2024. Founder of Mount Wellness, a small-group fitness program for adults 60+. Competitive powerlifter and 2026 WRPF-CAN Tested national champion (90 kg Junior and Open).

CERTIFICATIONS

CanFitPro Personal Training Specialist — Jan 2024
CanFitPro Active Aging Certification — Apr 2026
CPR/AED Level C — Renewal date: Dec 2026

EXPERIENCE

Personal Trainer & Front Desk — Humber Athletics, Etobicoke, ON — Sep 2024 – Present

- 96 one-on-one sessions with 16 clients; 96% attendance. Part-time during school terms, alongside a full course load
- Run initial consultations and write individual programs based on each client's goals
- Keep session logs and track each client's progress
- Lead group fitness classes, including bootcamp, Hyrox, and functional training
- Front desk: memberships, waivers, and member questions

Founder & Coach — Mount Wellness, Mount Albert, ON — May 2026 – Present

- Started a small-group functional fitness program for adults 60+ at the Mount Albert Legion; 22 people registered in the first six months
- Grew the Monday class to 7–8 regular participants and added more classes each week
- Handle all marketing: door hangers, posters, social media, Google Business Profile, website, and referral partnerships with local businesses
- Set up pricing and client intake, and plan and lead every class, adjusting exercises for each participant

Rehabilitation Practitioner Assistant (Student Placement) — The Spot Physiotherapy Rehab & Performance, Markham, ON — Jan – Mar 2026

- Taught and progressed exercise programs for patients with musculoskeletal injuries, under clinician supervision
- Patients ranged from high-school athletes to retirees

Trainer — 9Round Fitness, Newmarket, ON — Aug 2021 – Nov 2022

- Demonstrated exercises and coached form during circuit-based kickboxing workouts

Volunteer — Speed Training Lab + High Performance Centre, Vaughan, ON — Feb – Mar 2024

- Assisted coaches with group speed-training sessions

EDUCATION

Bachelor of Applied Science, Kinesiology — University of Guelph-Humber, Etobicoke, ON — Sep 2023 – Present

- 93.71% cumulative average; University Scholarship recipient; 2026 Kinesiology Award (highest grade in the class)

SKILLS & TRAINING

- **Powerlifting:** 8 years of training; member of the Humber powerlifting team; best meet total 600 kg (raw)
- **Coaching:** Client consultations, program design, strength training, group classes, older adults, training around injuries
- **Tools and languages:** JaneApp, Google Workspace; fluent in English and Czech