



ALEXEI OREKHOV

4th Dan TaeKwonDo, BCRPA Personal Trainer

- Masters Degree in Physical Education
- 9 years of Personal Training
- 8 years trainer in Athletic Gymnastics
- Child Physical instructor
- Win Cycling Instructor
- Massage of 'Sports', 'Swedish' & 'Shiatsu'
- Personal Trainer

Education and Experience

- Certified First Aid & CPR, Canada
 - Child Physical Instructor, 'Wingate' Institute for Physical Education and Sport. The Nat Holman School for Coaches and Instructors. Israel.
 - Teacher of Physical Education, The Givat Washington Religious College of Education.
 - Health and Fitness Club Instructor, The Givat Washington Religious College of Education.
 - Bachelors Degree, Institute of Sports; specialty teacher of physical education trainer. Russia.
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