

Quinn Wheeldon

Stone & Cedar Personal Training

Strength rooted in everyday life”

With over 8 years of coaching experience, I help people get stronger in the gym, in their mindset, and in their everyday life. I believe strength training is the foundation for real, lasting change. It's how you move better, feel better, and build the confidence to take on whatever life throws at you. My approach is structured, focused, and built around the long game. No gimmicks. Just smart training, consistency, and results that stick.

Areas of Expertise

1. Strength Development for Everyday Athletes

Progressive strength training designed to build capability and confidence inside and outside the gym.

2. Pain-Free Performance & Longevity

Helping clients move well, train through limitations, and build strength that lasts for the long haul.

3. Discipline, Structure & Personal Growth

Training that supports real-life momentum — through accountability, consistency, and mental toughness.

Certifications

CanFitPro CPT • USA Weightlifting Coach L1 •
DTS Assessment Coach L1 • DTS Kettlebell Specialist • Pain Free Performance Specialist • Older Adult Specialist

Connect With Me

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