



**Yury Rockit** brings a fresh approach to fitness, figuring among the newest of presenters to the fitness circuit, including SCW, IDEA, AFC, and CanFitPro. Most recently, he has won the SCW Presenter of the Year Award, and appears as a key judge to the SCW Fitness Idol statewide competition. Yury's specialty training in both traditional & mindful fusion fitness can be found at Imperfekt Productionz and at [sewfit.com](http://sewfit.com)'s on demand service. Find Yury at [www.yuryrockit.com](http://www.yuryrockit.com).