

# Meet the BSRC's Personal Trainers



FIND OUT  
MORE  
ABOUT ME

## LEANA

Hi! My name is Leana!

I am a CanFitPro certified personal trainer. My fitness career began in 2009 with becoming a group fitness instructor. The love of encouraging and motivating people to live their best lives inspired me to become a personal trainer. With the motto of Fitness For Life, I am extremely excited to help others to reach their personal fitness goals.

Specialties:

- Beginner strength training and weight loss
- Functional training and HIIT
- Core and stability
- Mind-body connection

Learn more about the BSRC's personal training options at [beaumont.ab.ca/281](https://beaumont.ab.ca/281)

