

Meet the BSRC's Personal Trainers



FIND OUT
MORE
ABOUT ME

PHIL

My name is Phil Moreau and you can also call me Coach Phil, AKA (Also known as) :

- Certified Power Lifting Instructor, ISSA (International Sports Sciences Association)
- Certified Personal Trainer, ISSA (International Sports Sciences Association)
- Certified Corrective Exercise Specialist (ACE/BioMechanics Method)
- Certified Speed & Agility Coach, NSPA (National Sports Performance Association)
- Certified Complete Speed Coach, Athlete Acceleration USA
- Certified Core Conditioning Specialist, NESTA (National Exercise and Sports Trainers Association)
- Certified Squat Analysis Coach, DTS (Darby Training Systems)
- Certified Battling Ropes Instructor, John Brookfield Training.

I have been involved in both fitness and sport all my life. I played hockey to a high level in my younger days, and I was also a Northern Ontario badminton champion during both high school and college. I also played other varsity sports such as basketball, volleyball, golf, football and so on.

The list never really ends, because I was a multi-sport athlete and I tried just about every sport imaginable growing up.

I enjoy working with all types of clients. Most recently, I have been working with athletes, people who are on a rehabilitation journey due to injury or chronic pain and with the general population.

Learn more about the BSRC's personal training options at beaumont.ab.ca/281

