

Meet the BSRC's Personal Trainers



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ABOUT ME

ROBYN

Robyn was never the most sporty kid growing up, and always thought that the gym was just a place for athletes to hang out. That changed shortly after high school when she began working out as a way to manage her stress levels and improve her body image, mental well-being, and physical health. Robyn fell in love with lifting weights and hasn't looked back since. She also enjoys kickboxing, rock climbing, hiking, running, and Olympic Lifting, and loves to try new ways to stay physically active!

Robyn holds her Bachelor of Kinesiology (Physical Activity and Health Major) from the University of Alberta and is a CSEP-Certified Personal Trainer and AFLCA Certified Group Fitness Instructor. She discovered a passion for helping people feel strong and confident in their body and their abilities through teaching a variety of group fitness classes and loves to work one on one with clients to reach their individual goals, whatever they may be. Through her coursework, Robyn was able to further explore her love of exercise while also learning how exercise can be used to manage chronic conditions, rehabilitate injuries, and prepare people for physically demanding occupations. Robyn believes that movement is medicine and has found that challenging her clients to improve their fitness while achieving their goals is the most rewarding part of her job. She is constantly looking for opportunities to continue her education and works to continually improve to better help her clients reach their full potential.

Robyn enjoys working with people of all ages and fitness levels. She hopes to help each client reach their goals and discover their own love of exercise while encouraging them to continue to invest in themselves and their health in every aspect of their routine. Robyn believes that everyone can be challenged to make improvements in their fitness in ways that are meaningful and transferable to their lives outside of the gym. Whether your goal is to lose weight, get healthier, or just be more active, Robyn believes that finding a form of exercise that is enjoyable and fits your lifestyle is important when aiming to create sustainable habits. She focuses on educating her clients about proper form to help prepare them for long-term success and reduce the potential for injury. Robyn tends to include a lot of functional movements in her clients' programming to improve mobility, power, strength, and conditioning in a way that will transfer to other areas of their lives. She often reminds her clients that exercise is supposed to help them do more of what they love, not become their entire life.

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

