

Meet the BSRC's Personal Trainers



FIND OUT
MORE
ABOUT ME

PARM

Hey, my name is Parm. Fitness is something that I have always been very passionate about. I started working on my own personal fitness around 10 years ago and that's when I learned that fitness is about changing your lifestyle in every positive manner that you can, instead of it being a temporary change, which is not very sustainable.

Along my fitness journey, I faced a significant number of challenges and obstacles that I was able to overcome successfully. This inspired me to help others who are facing similar challenges and hurdles (and I found an enormous amount of joy in doing that).

I am a certified personal trainer and fitness program builder. I worked as a personal trainer for 2 years in a reputable gym in India, where I specialized in resistance training and HIIT workouts. After a break, I continued my journey of being a personal trainer at Beaumont Sport and Recreation Centre so I am looking forward to meeting you and, together, we can work to achieve all of your fitness goals.

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

