

Meet the BSRC's Personal Trainers



FIND OUT
MORE
ABOUT ME

MCKENNA

Stay accountable and consistent with personal help from me! I live and breathe this stuff every day and have dedicated my professional life to helping people like you become fitter, stronger, healthier & happier than ever. Whatever obstacles arise, I'll help you overcome them. In the end, know that I'm here to support you, no matter what your life throws at you.

Get to know me a little with some random facts!

- I have lived in 3 provinces in the last 5 years
- I played rugby throughout high school, university & college
- I love giant dogs! I have a Cane Corso x Pitbull (if you have a fur baby, I'd love to see their photos!)
- My current training program combines powerlifting and weighting with a bit of bodybuilding.

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

