

Meet the BSRC's Personal Trainers



FIND OUT
MORE
ABOUT ME

DIANE

I've been blessed with work in personal training from beginners to national level athletes, managerial positions, and fitness classes such as Step, Pilates, aqua, strength, core, mobility repair, bootcamps, and pre/post-natal. In addition to holding the American Council of Exercise Personal Trainer certification, I am also an AFLCA Trainer of Fitness Leaders teaching the Resistance Training, Group Exercise, Older Adult, and Aquatic Exercise certifications. As a previous instructor for the Elevated Learning Academy's Personal Trainer Diploma Program, I also acted as their Curriculum Development Lead.

Many of my clients seek weight loss or are unsure how to address joint changes or muscular overuse. I have come to specialize in fat reduction, injury prevention, and recovery. Whether you are starting your fitness quest or starting back, you will find my approach to be effective and safe. Every day I see my client's goals being set and reached. It's my pleasure to be a part of that process. May your days be active, your mind energized, and your hopes met. It's all worth it!

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

