

Meet the BSRC's Personal Trainers



FIND OUT
MORE
ABOUT ME

KIM

Kim was a competitive gymnast when she was young and fitness has been a part of her life ever since. While she loves to run and work out, she is also very passionate about helping people reach their fitness goals.

This is something she has been doing for the last 10 years as a certified group fitness instructor and the last seven years as a certified personal trainer. She is also the mother of two girls and works part-time in Human Resources.

Kim leads by example and always pushes her boundaries. She helps people push past their own with her knowledge, encouragement and unbridled enthusiasm.

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

