

# Meet the BSRC's Personal Trainers



FIND OUT  
MORE  
ABOUT ME

## MARIANNE

Hi, my name is Marianne,

I have been involved in sports and fitness for most of my life, and in my teenage years, I began a summer job as a gymnastics coach which I performed for 13 years. Later, I found my passion for group fitness classes which I have instructed since 2012 and personal training. I am certified as a Fitness Instructor Specialist and have added subsequent certifications, such as a degree in Sports Studies and Psychology, Personal Training, Barre Ballet (recently Pre and Postnatal), TRX and BOSU.

My go-to workouts are functional training (because we need to enjoy everyday life to its fullness) and performance training, having done competitive gymnastics and triathlon I love to challenge my “athletes” and work with them to achieve their goals!

I'm looking forward to meeting you and crushing those goals of yours!

Learn more about the BSRC's personal training options at [beaumont.ab.ca/281](https://beaumont.ab.ca/281)

