Recreation Centres

Edmonton

PERSONAL TRAINER

Long

With four years of consistent training and a deep passion for fitness, I have firsthand experience in powerlifting, bodybuilding, pickleball, and badminton, covering strength, muscle building, and agility. I bring the discipline and consistency learned from my own journey to my clients. I work with all populations, from beginners to athletes, focusing on individualized, safe, and results-driven programs for goals like fat loss, muscle gain, strength, or mobility. My approach emphasizes proper technique, progressive overload, and accountability to build long-term habits. Fitness is about feeling strong, confident, and capable in daily life.

CREDENTIALS:

- NASM - CPT
- NASM - CES
- Kilo Strength Society Certificate
- Fascia Stretch Therapy

EDUCATION:

Diploma: Personal Fitness Trainer

TRAINING LOCATIONS:

- Booster Juice Recreation Centre in Terwillegar
- Clareview
- Coronation
- Kinsmen

MoveLearnPlay.edmonton.ca