

# PERSONAL TRAINER

As a coach, I am dedicated to helping individuals build strength, confidence, and mobility—whether you are new to the gym, recovering from injury, or seeking to improve everyday movement. My approach integrates weight loss, strength training, functional fitness, and post-rehabilitation support, all tailored to your unique goals and lifestyle.

Having spent many years playing competitive soccer and dancing, I developed a deep appreciation for movement and performance. When not in the gym, I enjoy hiking, climbing, backpacking, kayaking, and other outdoor pursuits. However, I recognize that fitness means different things to different people, and I am committed to helping you find the approach that best suits your needs.

I firmly believe that meaningful progress extends beyond the gym environment. Let's train for life, adventure, and strength that lasts!

[MoveLearnPlay.edmonton.ca](https://MoveLearnPlay.edmonton.ca)



## Rebekah

**CREDENTIALS:**

CSEP Certified Personal Trainer

**EDUCATION:**

Bachelor of Kinesiology

**TRAINING LOCATIONS:**

Kinsmen Sports Centre  
Commonwealth Community  
Recreation Centre  
Hardisty Fitness and Leisure  
Centre