



# Personal Trainer



## Romeen Barryman

Inspired by his mother, a Yoga and Pilates instructor, Romeen decided to combine his love of sports, exercise and meeting new people into a career in personal training. In highschool, he was part of the lacrosse team where most of his motivational techniques and teaching styles are derived from. He plans to continue in this line of work and expand his education and experience as much as possible. Romeen is excited to pass on all of his education and skills to clients of all fitness levels.

## Philosophy

There is a ball of clay in your hand, that you have the power to morph into something ugly or sculpt into beauty. All you need is commitment for the vision and the knowledge to fortify it. Life is the ball of clay, so mold it because you never know when it may dry.

## Certifications and Education

- Can-Fit-Pro Personal Training Specialist
- Resist-A-Ball Level 1 Certified
- Resist-A-Ball Level 2 Certified
- BCRPA Certified Personal Trainer

## Additional Training & Qualifications

- Can-Fit-Pro Nutrition and Wellness Specialist
- Current First Aid & CPR

## Client Specialty Focus

- Men & Woman 30+
- Muscle Building
- Core Stability Training

Words of Wisdom "Some things in life are just written in stone. A plant needs sunlight and water to grow. Campfires need wood and flames to burn. Humans need exercise and nutrition to stay healthy."