



Jérôme Bertrand
Personal Trainer, Level II

Education

- Certified Personal Trainer –CANFITPRO
- Certified Older Adult Specialist –CANFITPRO
- Certified Spin Instructor –Maddog
- Resistance Training Specialist – RTS

Jérôme has been a competitive athlete for more than fifteen years. He competed nationally as an amateur road cyclist and then raced professionally in France and throughout Europe. He has coached cyclists of all ages in British Columbia and coached the Nancy Green ski racing team at Grouse Mountain. More recently, Jérôme has also competed in BC and Ontario trail races, with an eye toward ultra marathon running. All his competition is fueled by Jérôme's love of sport, play and healthy living. As a trainer, Jérôme is motivated to increase the knowledge, confidence and ability of all those he works with. Jérôme's ultimate goal is to help you attain a sustainable lifestyle, and to this end he encourages the element of play in the process of attaining fitness and lifestyle goals.



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