



# Krista

Krista's love and knowledge of movement has grown throughout her entire life. She was involved in multiple sports as a child, but found a passion in dance. Through years of dance training she learned the importance of all aspects of fitness and living an active life. Krista's interests lead her to completing an honours degree in Kinesiology and becoming a group fitness instructor. This experience sparked a passion to teach and help others improve their fitness in a fun, positive way. Krista loves outdoor activities like hiking, swimming, and cross country skiing. She believes through leading a healthy lifestyle, we gain the ability to achieve our goals and improve our quality of life.

## CREDENTIALS:

- CSEP Certified Personal Trainer
- Canfitpro Fitness Instructor Specialist

## EDUCATION:

- Bachelor of Science in Kinesiology
- Bachelor of Education

## TRAINING LOCATIONS:

- Terwillegar Community Recreation Centre
- Mill Woods Recreation Centre