



Krysta

Krysta's true passion is active living and believes improving fitness will improve overall quality of life. Having been involved in competitive sport up to the collegiate level Krysta now considers herself a recreational athlete. Her active interests and the desire to be able and independent motivates her through her workouts. She loves yoga, kayaking, road cycling, triathlon, snowshoeing, spending time outdoors and camping with her family. Krysta works with a variety of clientele but recently her focus has been clients with rehabilitative needs.

CREDENTIALS:

- ▶ CSEP Certified Personal Trainer
- ▶ AFLCA Group Fitness Certification

EDUCATION:

- ▶ Bachelor of Physical Education

TRAINING LOCATIONS:

- ▶ Terwillegar Community Recreation Centre
- ▶ Mill Woods Recreation Centre