

PERSONAL TRAINER

I am an experienced personal trainer, passionate about rock climbing, bouldering, hiking, and weightlifting. I enjoy sharing my love of fitness and well-being with others, working with clients of diverse ages and abilities. My goal is to provide individualized support to help you achieve your fitness goals. I offer strong knowledge in rehabilitation, anatomy, exercise programming, and progression, aiming to be a positive, encouraging presence whether you are a long-time athlete or just starting out.



Katie

CREDENTIALS:

- ACE Certified Personal Trainer
- BOC Athletic Trainer
- Spin Instructor
- NETA Kettlebell Intro
- Advanced Speciality Certification

EDUCATION:

- Bachelor of Exercise Science
- Master of Athletic Training

TRAINING LOCATIONS:

- Kinsmen
- Mill Woods
- Terwillegar