



Kari
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I believe that everyone plays a sport that they need to train for to be at their very best; even if that sport is the sport of living your best life!

AREAS OF SPECIALTY

- Functional training
- Pre/post natal
- Injury prevention and rehabilitation

INTERESTS & HOBBIES

- Joining my husband in a round of Golf
- Being active in the great outdoors

EDUCATION/CERTIFICATES

- B. Sc of Science, University of British Columbia
- ACE certified Personal Trainer
- ACE certified Group Exercise Trainer
- Spencer Institute Life Coach
- Kettlebell Concepts Level 1
- TRX – Suspension Trainer
- TRX – RIP Trainer
- SCW Yoga
- Pre- and Post Natal Specialist
- Older Adult Training Specialist
- Sports Nutrition Specialist
- ViPR Trainer

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

