

PERSONAL

TRAINER

We all have lifestyle goals and we need healthy habits to reach them. My education, experiences as a college athlete and a person living with disabilities has provided me with the skills to work with people of all abilities and backgrounds

I excel at performance training for all levels, adaptive physical activity for those living with disability, mobility training, and fascial health. I am skilled in biomechanical assessment, postural correction and improving muscular imbalances

Clients achieve results with individualized science-based programming while monitoring progress along the way. Fun is the top priority only after safety and inclusivity. I love seeing my clients live the lifestyle they desire.



Kari

CREDENTIALS:

AKA Registered Kinesiologist
NASM Corrective Specialist
Fascial Stretch Therapy Level 1

EDUCATION:

Personal Fitness Trainer Diploma
Bachelor of Kinesiology

TRAINING LOCATIONS:

Commonwealth
Kinsmen