

Nan K.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



PERSONAL
TRAINING



EXERCISE
CLASSES



SUCCESS
& SUPPORT



NUTRITION
WELLNESS



Training Motto

Start where you are. Use
what you have. Do what you can.

Certifications/Education

- ACE certified personal trainer
- CPR/AED certified

Training Specializations

- In-water training for fitness and rehabilitation • Works with all age groups, youth through senior • Mentally/physically challenged
- Helping with body acceptance, working to find and maintain optimal fitness for all body types