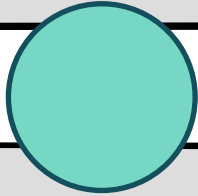




https://



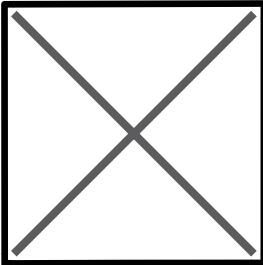
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Welcome

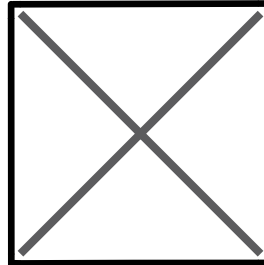
Do you want to become a fitter and stronger version of yourself?
This is the place for you!

I'm here to help you create healthy habits and stay consistent.

Strenght Training

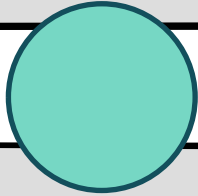


Yoga Classes





https://



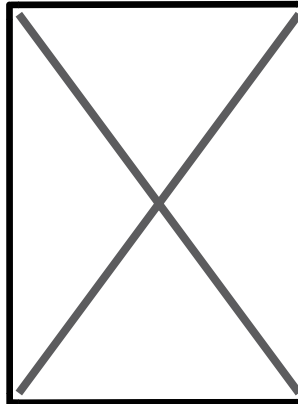
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Hi there. I'm Cat!

I'm a fitness and yoga lover, I love moving my body, feeling strong, mentally and physically able to take whatever challenge I set myself.

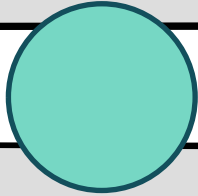
I'm a certified Personal Trainer and Yoga Instructor by the Yoga Alliance, I've over 10 years of experience training at the gym and at home, and I'm ready to help you in your journey!

Whether your goals are to get stronger, gain muscle mass, lose weight, improve your flexibility and coordination, speed and power, or improve in sports, we can work it out together!





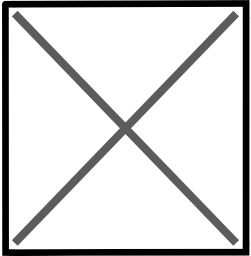
https://



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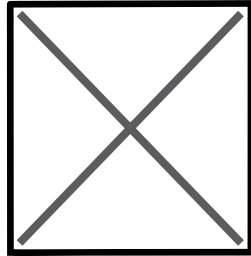
We can help you! Please, select one of our services below:

ONLINE - Personal Trainer



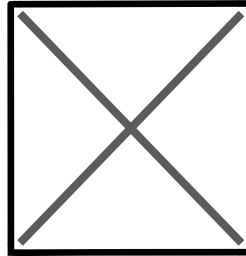
Select

ONLINE - Fitness Class



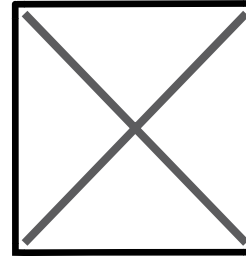
Select

ONLINE - Personalized Yoga



Select

ONLINE - Yoga Class

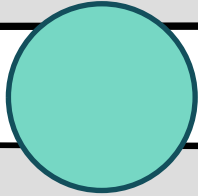


Select





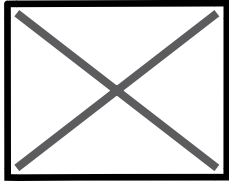
https://



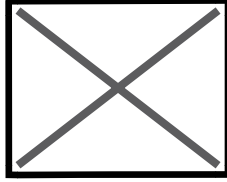
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Check out some of our products!

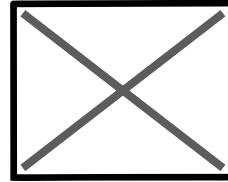
Dumbbells



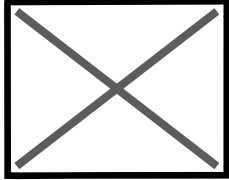
Glute Bands



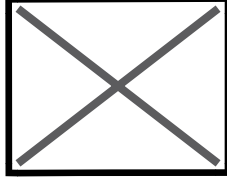
Resistance Bands



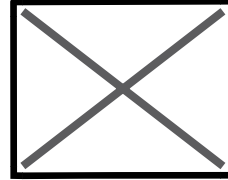
Ankle Weights



Yoga Mat

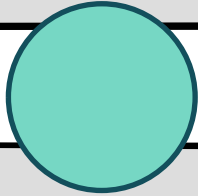


Yoga Block





https://



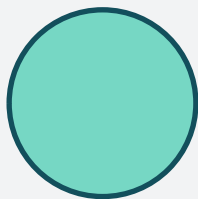
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Tell us about you!

What is your name?
Where are you from?
Birth Date
Phone Number
Email Address
Leave us your comment

Submit





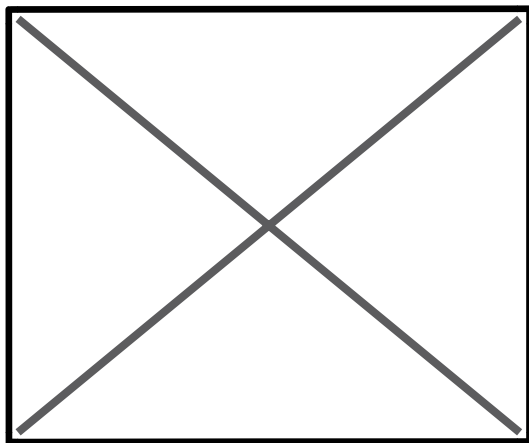
Welcome

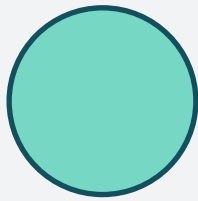
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This is the place for you!

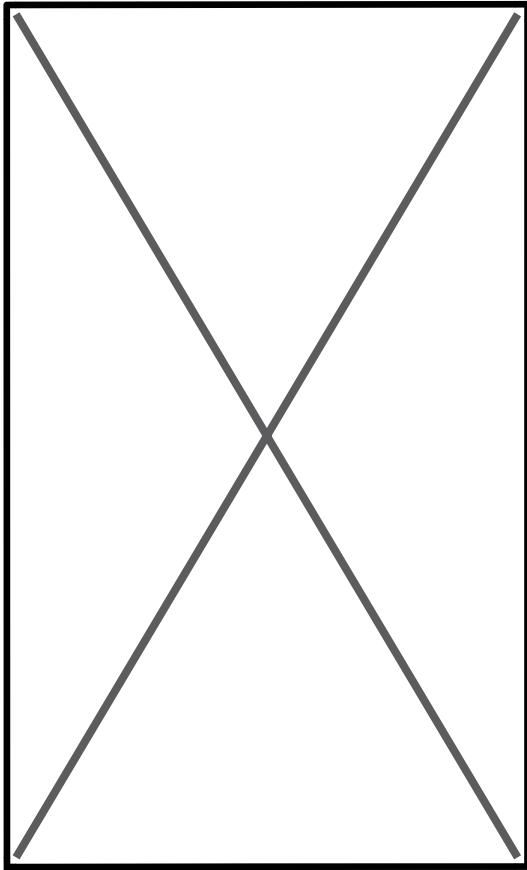
I'm here to help you create healthy habits
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Strenght Training



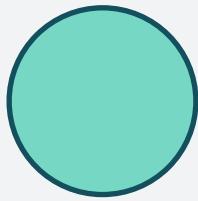


Hi there. I'm Cat!



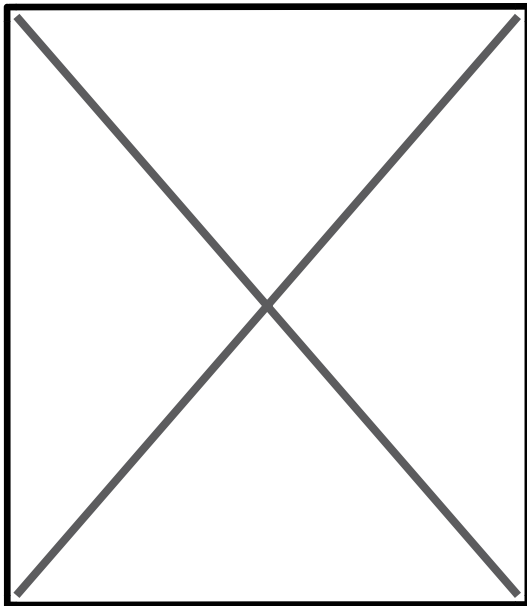


12:23



We can help you!
Please select one of
our services below:

ONLINE - Personal Trainer

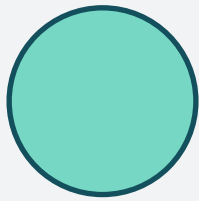


Select



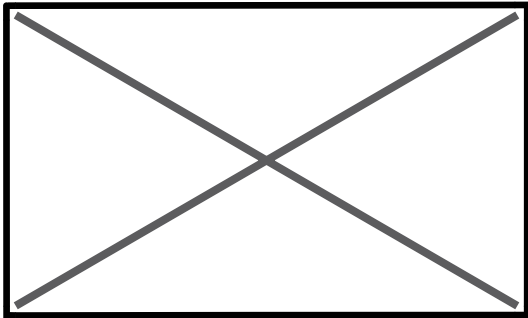


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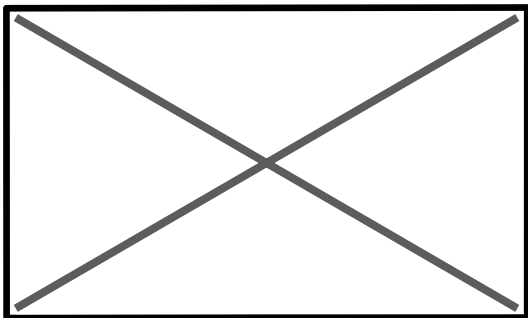


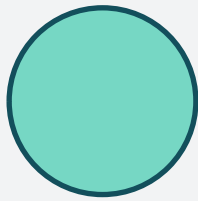
Check out some of our products!

Dumbbells



Glute Bands





Tell us about you!

What is your name?

Where are you from?

Birth Date

Phone Number

Email Address

Leave us your comment

Submit

