

# KATHY HARCLERODE

CPT

*Certified Personal Trainer & Weight Loss Program Coordinator*



## Education & Certifications:

ACE Certified Personal Trainer & Certified Kinesis Instructor

## Specialty:

Weight loss maintenance & management, toning and strength improvement.  
Cardiovascular conditioning, increase balance and flexibility, nutritional recommendations.  
Functional, small group and individual training.

## Philosophy:

There is no quick fix when it comes to changing your body composition; it takes hard work, consistency and dedication. To make a permanent difference you must make a lifestyle change! I want to pass on the experience I have of achieving my personal body transformation goals to others so they will successfully achieve their own personal health and fitness goals.

