

# KATHY WISE

CPT

*Certified Personal Trainer*



## Education & Certifications:

NSPA Certified Personal Trainer, Les Mills, TRX, Yoga, Zumba, Zumba gold, and Aqua Zumba certified

## Specialty:

I have a diverse background in all styles of personal training. I take a new client and give them the knowledge that they need to be successful in all aspects of their workout experience. I believe that incorporating variety, and constantly changing things up, is what gets my clients the greatest results.

## Philosophy:

My job as a trainer is to push you as hard as I can.

Your job as my client is to listen to your body, and go where you can.

And together we will reach and exceed their goals.

