

Certifications:

AFAA- Personal Trainer
ACE- Group Fitness Instructor
Zumba Instructor
Aqua Zumba
PILOXING Instructor
Adult Weight Management-AND
CPR & AED

Degree:

B.S. Exercise Science

Experience:

I have been teaching group fitness classes for a few years now. My favorite classes include Zumba and Butts & Guts! I have taught a number of classes including Aqua Zumba, Kettlebells, Pilates, Core Training, Low Impact Aerobics, Zumba, Zumba Gold, PILOXING, Bootcamp, and Jump Fit.

My passion is not only group fitness but also in Personal Training. I have had a passion for training since I began in the fitness field. Being able to help an individual start from the very beginning and work their way up to their goals and surpassing them is inspirational. Each client is different and requires a different path to reach their goals.

Specializations:

General Health, Weight Loss, Nutrition and Strength Training

About Christine:

My goal in life is to help the people around me reach their goals and motivate them to live a healthy lifestyle to their fullest!

I am working towards becoming a Registered Dietician in the near future. I want to help individuals not only increase their physical activity, but to add that full balanced diet.