



Fitness
Center

KRISTIN WILLIAMS

Personal Trainer

FAVORITE WAY TO MOVE/EXERCISE

Flow (yoga/mixed movement)

FUN FACT

I can stand on my hands!

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

I enjoy getting to connect and meet people with all different experiences and perspectives.

Credentials:

Bachelors in Exercise Science
NETA Personal Trainer
Registered Yoga Alliance 200hr
Yoga Teaching Cert
Precision Nutrition Certified

