



# Natalie

## CERTIFICATIONS

AFFA-Certified Personal Trainer  
Bachelor of Science – Kinesiology



## PERSONAL INFO

I love everything about fitness and I have at least 6 years of personal training and group exercise knowledge. I have worked with a broad range of clientele from beginners with weight loss to triathlon athletes and muscle building. My areas of focus are interval training, bodybuilding and Crossfit.



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