

# Katie Hayes

## Introduction

I believe fitness is a great catalyst for changing your life. After changing my life through fitness and nutrition in my early college years, I realized it was my life passion to help others do the same. I began studying human and sports nutrition and went on to graduate with a degree in Exercise Science as an Exercise Specialist. I believe it is never too late to start something new. One of my greatest joys when working with clients is watching how one positive change leads to another. Whether you are beginning a fitness journey, want to improve movement patterns and flexibility, are training for an event or need to regain strength, I want to get to know you and help you reach your goals. Don't wait. Start now. You are worth it.

## Qualifications

- Bachelor of Arts in Exercise Science
- ACE Certified Personal Trainer
- Certified Group Fitness Instructor for: H.I.I.T, Cycling and Strength & Conditioning

## Experience

I started my career in group fitness after finishing college. I am passionate about the energy and community created through group fitness, and I was eager to work more closely with my community. After teaching exclusively for two years, I became a personal trainer in 2013. I have worked with a wide range of clients from seniors recovering from hip and knee replacements to youth athletes. Whether your goal is to shed a few pounds, regain function and mobility or simply create an action plan to achieve your goals, I would love to work with you.



PERSONAL  
TRAINER