



JUNIPER
Swim & Fitness
CENTER
Personal Trainer

Name: Kathi Seegraves

Years of Experience: 25

Education:

Exercise Physiology, Anatomy, Dance & Kinesology. Craften Hill College & COCC
Continuing education credits in personal training since 1990.

Certifications & Trainings:

- ACE Certified Personal Trainer
- Saffax Yoga Certification

Services Offered:

- Program design for fitness & weight management
- Fitness Assessment including: body fat testing, cardio, strength and flexibility.
- Core strength through Pilates & yoga
- Meditation training
- Nutrition consultations

Training Philosophy:

She has studied and specialized in aerobics, step training, strength training, flexibility, weight loss and nutrition in group classes and personal training. Her yoga and Pilates experience has evolved since being the first to bring "Stott Pilates" to Juniper in 1999. She has been a pioneer in the fitness industry by bringing new and exciting ways to get fit to our facility. For the last 12 years she has offered the personal training group class. Her latest passion is "Drums Alive" and belly dance/yoga fusion and meditation classes. Kathi attends workshops and fitness conferences to stay on the leading edge of the fitness industry. Her commitment to teaching safe and functional exercise while having fun is what makes her students keep coming back!