



JUNIPER
Swim & Fitness
CENTER

Personal Trainer

Name: Kathi Seegraves

Years of Experience: 27

Education:

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

Certifications & Trainings:

- ACE Certified Personal Trainer Gold 1990
- ACE Group Fitness Leader 1989
- Saffax Yoga Certification 2001,2002
- Step Rebook
- Weight Management IDEA
- Stott Pilates

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!