

## About Christine

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Christine has been inspiring and motivating those around her to adapt healthier more active lifestyles for over 15yrs. At a young age, she was the one conducting aerobics in the school gymnasium, organizing treks to the local waterfall, and signing roommates up for 10k races!

And more recently, Christine has made this her full time career. Her experience is varied, including all age groups (12yrs to 85yrs), male and female, differing goals and needs, and making modifications for any health and physical challenges.

Christine goes beyond mainstream personal training to push you towards success! With Fit Squad, your fitness goals are our #1 priority!

Contact us now to book your complimentary consultation

with Christine.

