

Christine Collins

Fitness Professional 3



Trainer Education:

ACE Certified Personal Trainer
ACE Lifestyle & Weight
Management Consultant
ACE Certified Group Fitness Instructor

Trainer Specialization:

Weight loss, body fat reduction,
and lifestyle changes
Pre & Post Natal
Core & Flexibility training

Trainer Philosophy:

I believe in creating a strong rapport with each client that establishes a lasting and committed relationship. My priorities are to educate, motivate, and inspire each person to a lifetime of health and wellness.

