

Stella Krashchenko

Fitness Professional 3



Trainer Education:

NCSF Certified Personal Trainer
Physical Education & Sports Degree, University of Russia
Instructor of Tae Kwon Do, Russia
Partner-Assisted Stretch Certification, ACE

Trainer Specialization:

Weight loss, hips and core area improvement
Low Back, knees, rotator cuff problems
Power and strength improvement for athletic body building and flexibility

Trainer Philosophy:

My philosophy is to motivate, educate, and facilitate you to achieve your goals while having fun. I contour each session to your specific needs based on age and ability. My goal is to bring you up to speed as quickly as your body allows, and move you towards optimum health and energy.

