

Karin Hartfelder

Certified Personal Trainer

About Me:

Karin Hartfelder is a highly motivated, hands-on professional, who has filled a wide variety of personal training and group fitness roles during her career in fitness spanning over 25 years. She is highly experienced, both as a sports participant and as a trainer, as she has been involved in fitness and athletics most of her life.

Throughout her career, Karin has worked extensively with clients from all walks of life. Both children and adults have benefited from her expertise throughout the years. Her clients range from rehabilitation patients to elite athletes. She has a true love for people and a notable passion for helping them achieve their goals. Karin has worked with competitive athletes, both as a USA Gymnastics Coach and also as training partner for two female bodybuilders who went on to finish 1st and 2nd at the Midwest Regional show.

Karin prides herself on being able to assess a client of any age or fitness background and to implement a plan to achieve optimal results. Karin's major strengths are her in-depth knowledge of physical fitness regimens, her innovative group exercise planning, and her empathy and enthusiasm for serving her clients.

Availability:

Mornings, some days, evenings, and some weekends



Education & Certifications:

AFAA Personal Trainer
Johnny G Spinning Instructor
CPR/AED

Specialties:

Youth and Senior Fitness Strength
Training Flexibility and Stretch
Training TRX training
Rehabilitation Training

