



Kristen Waite

I am originally from Georgia where I attended UGA studying health promotion and behavior. I have always been into a healthy lifestyle and considered fitness fun. My passion is to pass this love of fitness to others.

My main objectives are to help my clients/class participants to work towards their goals and reach their potential, all while gaining strength, balance, core strength, flexibility and proper posture in the SAFEST manner possible.

My certifications include: ACE Certified Personal Trainer, Spin, group fitness, yoga, water aerobics, and TRX Suspension, both group and functional fitness.

Contact for Personal Training

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