

STONE & STRENGTH CIRCUIT CLASS FOR BELLEFIELD TENANTS ONLY



FREE CLASS BEGINNING OCTOBER 1st

Starting October 1st thru December 31st, join us every Monday and/or Thursday* at 5:15 pm for an action packed Tone and Strength training class. Nationally certified strength and conditioning instructor Kristin Watterson will guide you through a muscle building, fat burning, sweat dripping hour of fun. All fitness levels are encouraged to join. Contact Mbrownell@talon-m.com to reserve your spot today.

Space is limited!

*Depending on reservations, you may receive a reserved spot Monday and/or Thursday.
Class Value is \$70 per month.



B

Powered by **GYMGUYZ**



Kristin Watterson BIO

I am a Native to the Pacific Northwest and love the outdoors. I am an avid mountaineer and love exploring this area. For most of my career, working in the field of the fitness industry as a Professional Personal Trainer for the past eight years, I have found my true passion to help people achieve their fitness goals. Mobility and motivation are my two keys to enjoy this beautiful earth we live on.

I am very passionate about my job and take great pride in my performance as a professional. I have a background in B.S. Kinesiology-Movement Studies from Western Washington University since 2011. I am certified through the National Strength and Conditioning Association (NSCA)-Certified Strength and Conditioning Specialist (CSCS) and in CPR/First Aide. I am also a certified TRX Suspension and Sports Medicine Rehabilitation Coach. I am motivated to help each and every client in improving and maintaining high levels of physical and mental health. I focus on your needs and wants. I want my clients to find a balance between work and exercise and to see the consistency that is necessary to reach their goals. Instead of wishing to break free of this destructive habit of not exercising, let's turn that desired behavior into reality and reveal what you truly are as a human being.

Powered by **GYMGUYZ**