



# 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.

Personal training with Karin can address many areas of fitness conditioning and may include any of the following, adapted to your particular needs and goals:

- Functional Strength Training
- Rehabilitation training

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.

### Education and Certifications:

AFAA Personal Trainer  
Johnny G Spinning Instructor  
CPR/AED

### Specialties:

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

### Availability:

Mornings, afternoons, and  
some weekends