



Education: B.S., Kinesiology; emphasis in Exercise & Fitness

Certifications: CPR/AED/First Aid

Focus: Weight loss, weight gain

Personal Bio: I have been working as a personal trainer since May of 2017 and have been passionate about fitness since early in my life. While in school I learned how to execute correct exercise techniques, perform and educate proper fitness assessments, and trained in postural assessments. I understand that every client is different and I pride myself in creating unique and personalized workout programs. I look forward to working with anyone who desires to achieve better health.

HANNA JULKA Personal Trainer