



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

**Certifications:** ACSM Personal Trainer, TRX certified, Rock Steady Boxing Coach, CPR/AED American Red Cross

**Specialties:** Functional Training, Corrective Exercise, General Health & Weight Management

**Personal Bio:** I have a passion for finding my clients' motivators and pushing them to be their very best. Whether regaining strength, toning, or working with an athlete to prepare for an upcoming season, I love to help people achieve their goals. I believe with hard work and accountability anything is possible. Giving clients a strong foundation of exercises that can be performed at the gym or at home, even with limited equipment, helps them reach goals. If I can help my clients enjoy working out and leading a healthier lifestyle from our work together, I could not be happier.

**HANNAH JULKA** Personal Trainer