



KATIE PRIDE

Training Staff



BIO:

Katie is a certified personal trainer and corrective exercise specialist with NASM. A licensed massage therapist since 2004, she has continued to add new disciplines and certifications to further her expertise in aiding people in improving their quality of life and physical fitness through body awareness and pain reduction. Katie's fitness focus and approach is on guiding people in discovering their personal balance and needs in strength and flexibility. Applying these skills to her personal life keeps Katie active in the fun and exciting world of circus arts with fire performance, middle eastern dance, and yoga.

To schedule training with Katie, contact Supreme Health and Fitness at 608-274-5080 OR e-mail Katie directly at: onpoint@massagetherapy.com

QUALIFICATIONS:

- National Academy of Sports Medicine Certified Personal Trainer
- National Academy of Sports Medicine Certified Corrective Exercise Specialist
- American Red Cross First Aid/CPR/AED Certified
- Mattes Method Active Isolated Stretch Certified
- Licensed Massage Therapist
 - Trigger Point
 - Tui Na
 - Contemporary Cupping
 - Thai Mat