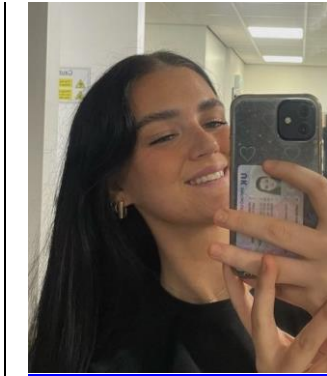


KT Personal Training



Hi I'm Katie !

I'm a strong believer that fitness is for everybody. I moved to Bath to study Dance at university and graduated as a Professional Dancer, having had more than 20 years dance training in one form or another!

I am now a fully qualified Personal Trainer and Online Coach, as well as teaching Dance on the side!

As a Personal Trainer my main priority is that you're happy and confident within yourself (being within the dance industry - I know how hard it can be to find that self-love we all deserve!!). I focus on fat loss, muscle building, strength and conditioning.

I'm here to support you physically and mentally by providing you positive training sessions where my focus is YOU.

If you have questions or need any advice, please feel free to drop me a text or an email!

Hope to hear from you soon :)

Katie x

For further information, please contact:

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Mobile: 07956656377

Instagram: @coached_ktfitness (scan QR Code)



@COACHED_KTFITNESS