



Caryn Moxey

LEVEL 3 PERSONAL TRAINER and GROUP EXERCISE INSTRUCTOR



PHILOSOPHY

I think as fitness professionals we need to remember that everyone we teach comes into our lives with a story. Some stories are full of joy and wonderment, while others may be of survival. As fitness professionals we can do wonderful things to help empower and strengthen the spirits of our students and clients. We use fitness as a way of ensuring that we can be the best we can be and enable our bodies to be ready for what life brings our way.

CLIENT BASE

Caryn's strengths include teaching clients how to increase their athleticism and coordination regardless of exercise level. "When you know how to move, you can move without fear of injury."

She also focuses on establishing improved eating habits with clients as part of a weight loss program. "You can't out exercise a bad diet, but you don't have to sacrifice the foods you love in order to succeed in your dreams."

EXPERIENCE AND CREDENTIALS

- Degree in Recreation and Kinesiology Western State College of Colorado
- ACE Certified Personal Trainer
- ACE Medical Exercise Specialist
- RYT 200 Yoga Instructor
- TRX® Group Suspension Training Instructor
- IDEA Health and Fitness Association Member

PERSONAL INTERESTS

- Anything active outdoors especially gardening in spring, bike racing in summer, bow hunting elk in fall and snowboarding in winter
- Spending time with my family outdoors and travelling.
- Spending time with my family on the mountain and at the reservoir