

## **Project Name: Fitness Instructor Bio**

Katie's happiness is found at the bottom of her gym bag. Her pride is seen in that tiny bead of sweat. Joy is sharing in the excruciatingly beautiful experience with you.

It's the power behind the workout that encouraged Katie to teach others. It's the power to strain, to reach further and to meet a milestone. Movement is present in our everyday lives and with a bit of structure and guidance, that movement can get you heart pumping. For the adrenaline junkies out there, you've met your match. Not only will Katie make your strongest muscles throb, she'll be right beside you, laughing and crying at the pain that makes results.