

Stephanie Flores



Certifications Education

ISSA- International Sports Science Association
(Certified Personal Trainer)
Heartsaver AED Certified

Training Specializations

Youth Strength and Balance Training / Weight Loss
High Intensity Interval Training / Plyometrics
Boxing / Core Strengthening and Stability

Trainer Philosophy

I help to improve my client's overall health and well being by providing long lasting programs that are fun, attainable, specific and motivating.
"Health and fitness is a lifestyle, not just a temporary fix."

Personal Hobbies, Interests

I enjoy spending time with family and doing most outdoor activities including soccer, tennis and hiking.

The *Lifestyle* Center

A division of Kaweah Delta Health Care District
www.TheLifestyleCenter.org