

Certified Personal Trainer & Group Exercise Instructor

# Stephanie Khan

Group Exercise Director



## Professional Bio

As a group fitness instructor and personal trainer, I've been working in the fitness industry for nearly 2 decades. I believe there is an inner athlete in all of us. The key is finding an activity that you love. With consistent effort, you can reach your fitness goals. Whether it's running your first race, beginning a yoga practice or gaining functional strength to better perform everyday activities. Whatever your goals may be, I would love to work with you to develop an individualized program to get you there!

## Training Qualifications & Additional Training

- Aerobics and Fitness Association of America (AFAA) Group Exercise Instructor
- American Council on Exercise (ACE) Health Coach Certificate
- American Council on Exercise (ACE) Certified Personal Trainer
- Schwinn Indoor Cycling Certificate
- Yoga Alliance 200-Hour RYT
- Road Runner Club of American (RRCA) Running Coach Certificate

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**Fun Facts** – When I'm not in the gym, I love running outdoors. I have completed 16 full marathons!