

## OCTOBER INSTRUCTOR SPOTLIGHT:

# KRISTI ALBRECHTSON



### MEET KRISTI

Kristi has been in the fitness industry for 3 years teaching yoga and came to THPRD in 2022 to teach aquatic exercise, group fitness and personal train. You can find her at Harman Swim Center Monday, Wednesday and Friday for Cardio Core at 9 and 11:20 am, along with Flex and Stretch at 10:15. She's available for personal training in the water, on land, and at multiple centers Monday, Wednesday and Friday afternoons. Kristi also sub many classes throughout the district so keep an eye out for her, she might sub your next class! She holds two yoga certifications through Yoga Alliance; 200-hour yoga teacher and 85-hour prenatal yoga teacher. Her aquatic certifications are through the Aquatic Exercise Association; Aquatic Fitness Professional and Ai Chi for balance, harmony and healing. Kristi gained her Associates Degree in Exercise Science from PCC along with certificates for personal training, group exercise and older adult fitness. Currently, she is studying public health promotion at PSU with the goal of becoming a health coach. Her journey into fitness began with a spinal injury, where physical therapy helped her find yoga practice and inspired her to teach fitness classes as a way of helping others reduce the risk of pain or injury and increase mobility and strength.

### PERSPECTIVE ON FITNESS: POST PANDEMIC

“The pandemic changed my perspective in the delivery of personal training and group fitness. It didn't seem possible to work remotely until I was eased into it by the pandemic. After teaching and taking classes online, I realize that where there is a will, there is a way. It was an opportunity to use technology in a positive way and connect with others during a time of solitude for many. It was a great silver lining during challenging times.”

### REWARDING MOMENT

“My most rewarding experience as an instructor is seeing my clients and class participants find success in their own fitness journey.”

### ADVICE TO PATRONS

“The biggest piece of advice I give to my clients is to play the long game. Keep trying, keep moving forward and learn as you go. You never know what will happen if you don't try. The journey is long and totally worth it.”