

Kathi Haller

Philosophy

Every day I do not seek the will of God first, my life becomes a problem to be solved rather than a journey to be experienced.

“Thy Word is a lamp unto my feet and a light unto my path” -Psalms 119:105

Experience

Education and Training

I spent several years teaching and training in Les Mills BodyPump, BodyCombat and RPM (indoor cycling) as well as Pilates Mat and Reformer.

Certifications and Workshops

NASM Certified Personal Trainer

Specialties

Working on slow controlled movements and stabilization to help realign the body as a whole.

What do you enjoy doing outside of the Fitness Center?

When I am not in the gym, I love spending time with my family. I enjoy playing golf with my husband, watching my children play any sports and creating things with my hands from scratch. We love traveling, experiencing the outdoors, staying home to play games together and generally making memories.

Your family? Your life?

I met my husband when we were both teenagers at the same church. We have been married since 1997 and have three beautiful children. We were both originally from the Houston area but spent 11 years in Corpus Christi where my fitness journey began. We have been in the Kingwood area since 2008.

Why did you become a personal trainer?

My fitness journey began after our third child was born. I needed “me time” and I have always had a passion for fitness. My group fitness and Pilates training quickly turned into a Personal Training Certification so I could work one on one with individuals to help them find the strength they had within.

What else do you aspire to do with your life?

I want to live my life making as many happy memories as I can with those I hold dear.