



San Diego's Premier Personal Trainer for Women

Description:

Nikol Klein, a Pittsburgh, Pennsylvania native, has been actively involved in the fitness industry from an early age.

As a Professional Ballet Dancer, she has had the honor of dancing and touring with Pittsburgh Ballet Theatre, Ballet Austin, Ballet Oklahoma, and has recently become a dancer with The California Ballet. In 2004, Ms. Klein moved to Oklahoma City to open Fit For Her, a 24 hour Women's workout facility. She received her Personal Training Certification through International Sports Science Association (ISSA) and is currently working on a Specialist in Performance Nutrition certification. Ms. Klein has also created and teaches a mat class called Ballet Body, a fusion of Yoga and Pilates focusing on creating the long, lean musculature of a dancer.

Nikol currently is an Independent In-Home Trainer. She is excited to play an important role in helping train and inspire women to achieve their individual lifestyle and fitness goals for optimal health and longevity.

Areas of Expertise;

Weight Loss

Nutrition

Flexibility enhancement

Strength and Conditioning for young female athletes

Toning

and much, much more!

Education and credentials;

International Sports Science Association (ISSA)

Certified Personal Trainer

CPR/AED Certified

Owner, Fit For Her, Edmond

International Spo Juneberry Ct.

Country: California

City: San Diego

Zip: 92123

Website: <http://www.nikolklein.com>