



Kirsten Stuart

Certified Personal Trainer

CLUB HOURS:

Monday - Friday
5:30am - 9pm

Saturday - Sunday
6:00am - 9pm

Contact Kirsten
at 970.471.6116

kstuart@destinationhotels.com

Kirsten's greatest passion is helping others with physical achievement, not only through exercise, but also with a combination of willpower, determination and structure. With 11 years of personal training experience, her belief is that through utilizing core stabilizing exercises, you can create an overall balance of strength and mobility in a pain-free body. Kirsten's specialties are back injuries and rehabilitation, sports specific training, weight loss, outdoor training, life coaching, group fitness and spin.

“If you don’t want to squeeze it, no one else is going to want to”!



KIRSTEN’S CREDENTIALS

Certified Personal Trainer, AMFPT, Pilates

Certified Spin Instructor

Mind/Body Certification