

Valentina Kaliada

Group Exercise

Valentina is a Personal Trainer certified by American College of Sports Medicine and a group fitness instructor with over seven years of experience and expertise in Yoga, Dance Fitness, Bodyweight Conditioning, and Circuit Training. She has worked with people of all ages, shapes and sizes. Her adventure of life thus far has been about spreading her passion for wellness, fitness, and healthy eating. She is always learning and developing professionally to be a useful source of knowledge for people she trains.

Valentina encourages her clients to see regular exercise as a part of self-care. She believes that a healthy body carries a healthy mind and that everything begins within. “Our thoughts, attitude and determination are all essential for success”. Thus, her main objective has been to motivate and support her clients on their journey to a healthier and stronger body. She helps people set and achieve their fitness goals plus make other positive and lasting changes in the most enjoyable ways

