

# Krista C. Mayo

Certified Personal Fitness Trainer & Owner of Driven Fitness

*Krista Mayo is Internationally Certified and an experienced fitness professional with a genuine passion for fitness, sports and health. Her love of professional fitness instruction and coaching developed from the interest in wellness, which has influenced her decision to become a personal trainer. Her enthusiasm for fitness is contagious!*

*With over ten years of experience coaching and training individuals of all backgrounds, she has seen what works for people trying to improve their lives. She brings energy, enthusiasm, and the promise of real results to the table as your personal trainer. She will help you make the investment in yourself!*

## *Bio & Certifications*

### **Formal Education**

BBA in Marketing and Management

### **Personal Training**

International Sports and Science Association (ISSA) Certified Personal Trainer

(ISSA) Fitness Therapy

(ISSA) Fitness Nutrition

High Performance Core Training Certification – C.H.E.K. Institute

Effective Strength Training Certification – DSW Fitness

HIIT (High Intensity Interval Training)

Sport Focused Training (Golf, Basketball, Soccer, etc)

CPR Certified - American Red Cross.

### **Group Fitness**

Conducted Fitness Boot Camps / Core Strengthening

Conducted Women's self defense and self awareness classes

Sports Team Fitness

### **Other**

Certified Black Belt in Tae Kwon Do and American Style Kickboxing

Assistant Instructor in Tae Kwon Do and Kickboxing

TFT (Target Focus Training) Self-Defense

Conducted Martial Arts classes and assisted the Master Instructor

Over 10 years experience in Tap, Ballet, and Jazz