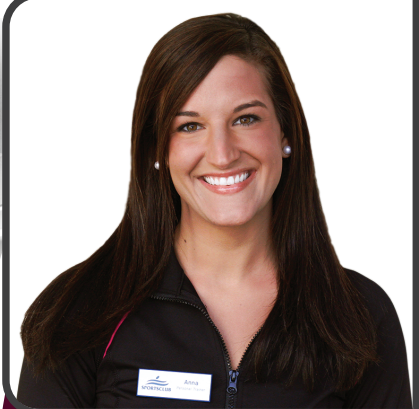


ANNA KITTEL

Personal Trainer



864.675.5808
akittel@sportsclubsc.com



SPECIALTIES

Weight Loss • Functional Movement Training • Strength Training
Pre/Post-Rehabilitation Exercises • Pre/Post-Surgery Exercises
Flexibility/PNF Stretching • Parkinson's/Neuropathy Exercises
Muscular Dystrophy (MD)/Lou Gehrig's (ALS) Exercises, Postural
Assessment & Corrective Exercises

CERTIFICATIONS

- B.S. in Health Science, Clemson University
- ACSM Certified Personal Trainer
- ACSM Certified Health Fitness Specialist
- Certified Post Rehabilitation Specialist
- AHA CPR/AED Certified



SPORTSCLUB *Personal Training*