

# Rebecca Krieger

Canfitpro Certified  
Personal Trainer  
(She/Her)



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## About my class...

My class is called “Foundational Core” and my reason for this name is that it includes the fundamental exercises needed to establish a strong core and prepare us for more advanced movements. The core isn’t just our abs and actually includes everything from neck to knees! So anything from pushups to lunges is fair game in my classes! This class targets anyone from beginner to intermediate level fitness.

## About Me:

You may know me from the virtual volunteering I’m doing with PCFHC this summer. But there’s a little more to me than just volunteering! I was born and raised in Pembroke, ON and now attend Guelph University for Applied Human Nutrition. I’m a certified personal trainer and a body-positivity enthusiast. I’ve participated in a variety of sports and spent my teen years doing MMA and kickboxing!