Kristen L. Mory

Fitness Instructor/Trainer
info@generationsyoga.com 727-688-9597

A fitness professional with years of experience teaching diverse, challenging and fun classes and clients.

Current Affiliations:

Owner of Generations Yoga and Fitness (since 2006)

Owned and managed studio while working full-time (2006-2010)
Taught yoga and fitness classes at studio, and now teaching bootcamp, aquafit and yoga classes at the Magnuson Resort
Teach small group and private lessons
Fitness Modeling

Instructor at Gold's Gym (since 2000)

Have instructed a variety of classes including, but not limited to, Step aerobics, high/low impact aerobics, interval training, BodyPump and Group Power, kickboxing, group cycling, yoga and Pilates

Training and Background:

Certified Aerobics Instructor, February 1997 (ESA)
Advanced Proficiency (STAR) Certification, January 2002 (ESA)
Certified Personal Trainer, April 2002 (ESA)
Current CPR Certification

Additional Certifications:

Kickboxing Fitness Instructor, April 1999 (ESA)
BodyPump and Group Power, March 2002 (BTS)
Pilates, Core Mat Instructor, September 2004 (ESA)

Additional Workshops and Related Training:

Practical Pilates, May 2006 (AFAA)
Practical Yoga Instructor, July 2007 (AFAA)
Indoor Cycling, April 2010 (AFAA)
Mentor to students pursuing fitness instructor certification
Currently taking Instructing Hatha Yoga Self-Study Course (FitTour)
Studied many continuing education topics including, but not limited to, nutrition, core work, interval training, choreography, Step aerobics, injury prevention, Yoga Bear for kids, TRX, and more.