



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEEL HEALTHIER BE STRONGER



Rachel Christy

“As a mom of 3 little boys, staying physically fit and active is very important to me. Working out is my guilt-free me-time. It also benefits everyone around me. I love meeting new people, hearing life journeys, and helping people achieve their goals...whatever they may be. I have been continuously amazed at what we can achieve when we put our minds to it.”

Age: 39
Hometown: Grand Rapids, MN

Qualifications:

FiTour Certified Group Exercise Instructor
NETA Certified Personal Trainer
ASHI Certified CPR/AED

Specialties/Interests:

Running; I've completed countless 5K's, 6 half-marathons, and 3 full marathons.
Swimming; I swam competitively through high school.
I'm also into knitting, hiking, camping, fishing, traveling, and essential oils.