



Kirsten Roden

Kirsten Roden started in the fitness field teaching aerobics, bootcamp and yoga. She also is a CSNA (Certified Sports Nutrition Advisor). She believes in training for functional fitness, and understands the challenges of balancing a busy life. She will help guide you in maintaining a strong body, mind and soul. .

BCRPA Registered Personal Trainer
BCRPA Registered Group Fitness Instructor
Certified Sports Nutrition Advisor