



OASIS

PERSONAL TRAINING



Stephanie Strauss



Education

- DOC of Philosophy in Holistic Nutrition, University of Natural Health
- MS Holistic Nutrition, University of Natural Health
- BA Kinesiology, Cal State University, Long Beach
- Adapted Physical Education Specialist, Cal State University, Long Beach
- BA Sociology, University of California Riverside

Fitness Certifications

- AAI/ISMA Certified Personal Trainer
- TRX Certification (Suspension Training)

Stephanie's Availability

Monday:	Afternoon & Evenings
Tuesday:	Afternoon & Evenings
Wednesday:	Afternoon & Evenings
Thursday:	Afternoon & Evenings
Friday:	Afternoon & Evenings
Saturday:	Open
Sunday:	Open

**Subject to change*

Personal Training Experience

Stephanie has been a health and fitness professional for over 15 years. Stephanie has trained a diverse population, ranging in ages, ability levels and medical conditions. She adapts/modifies training programs based on the specific needs and abilities of each individual to improve their overall fitness level, quality of life, and/or sport specific goals.

Approach to Training

As a personal trainer, Stephanie is dedicated to helping individuals reach their fitness and health goals. She specializes in strength training, functional/core training, balance/flexibility, corrective exercises and weight management/nutrition. Her passion is to help clients to incorporate fitness, nutrition and wellness into their lifestyle. She seeks to help clients enhance their skills in lifetime activities through movement and balance.

Personal Bio

Stephanie enjoys weight training, running & continuing education in the field of health, fitness, and wellness. Stephanie has a diverse background in coaching sports and played basketball at UC Riverside.