

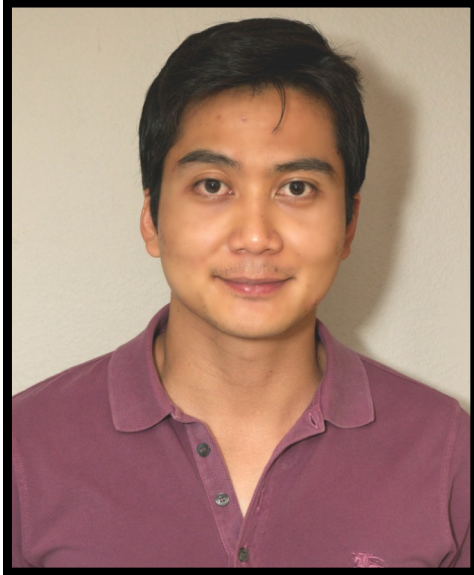


# OASIS

PERSONAL TRAINING



# Khristian Firme



## Education

- MS Gerokinesiology, California State University Fullerton (In Progress)
- BS Kinesiology, California State University, Long Beach

## Fitness Certifications

- ACSM Certified Personal Trainer
- Fallproof Certified Balance and Mobility Specialist

## Personal Training Experience

Khristian has over five years of experience in personal training. In that time he has helped people at different levels of fitness and exercise experience achieve their goals. Khristian feels passionate about improving people's lives through exercise and the promotion of a healthy lifestyle.

## Approach to Training

Khristian specializes in developing exercise programs for older individuals to improve physical function and performance (i.e., golf), body composition, flexibility, balance, strength, aerobic endurance, quality of life and maintaining independence. His education and experience have prepared him to work with individuals with a variety of health and musculoskeletal concerns (i.e. hypertension, diabetes, overweight, osteoporosis, arthritis, posture abnormalities, low back pain and more).

## Personal Bio

In his spare time he enjoys fitness and sports, his pets, friends and family.

### Khristian's Availability

<b>Monday:</b>	Open
<b>Tuesday:</b>	Open
<b>Wednesday:</b>	Open
<b>Thursday:</b>	Open
<b>Friday:</b>	Open
<b>Saturday:</b>	Open
<b>Sunday:</b>	None

*\*Subject to change*