



Lori B. Havas

DAC PERSONAL TRAINER

SPECIALTIES:

- Senior Adult Exercise Training
- Corrective Exercise
- Aquatic Exercise

ACCOMPLISHMENTS:

- Associate of Science Degree
- American College of Sports Medicine Health & Fitness Specialist Certification
- Hydro-Fit Training & Better, Bones & Balance Certification

EXPERIENCE:

- Senior Adult Weight Training - Free Weights and Machines
- Aqua-Therex & Water Fitness Instruction
- Group Fitness Instruction - Better Bones & Balance, Core Conditioning & Stability Ball Training
- Therapeutic Exercise & Rehabilitation

PROFESSIONAL AREAS OF INTEREST:

- Fun Functional Fitness
- Improving Quality of Life for Seniors

PERSONAL AREAS OF INTEREST:

- Spiritual, Physical & Mental Wellness
- Camping and Hiking
- Gardening

"Freedom is the recognition of responsibility" -Unknown