



PERSONAL TRAINER

Andrea Garcia 720.982.5970

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Physical fitness has been an integral part of my life, beginning with a passion for soccer. Following the birth of my children, I embarked on a year long journey to shed over 30 pounds. Motivated by my own experience, I transitioned into a career as a fitness instructor and later became a certified personal trainer. My love for the outdoors has led to a passion for hiking, conquering three 14ers, Mount Everest Basecamp and the Camino Del Norte. I have had both of my knee joints totally replaced and am double jointed to boot! I am fully prepared to collaborate with your PT or doctor as needed to ensure your success.

Qualifications

- AFAA Personal Trainer
- AFAA Group Fitness
- AFAA Cardio Kickboxing specialist
- TRX
- Fitour Indoor Cycling
- Silver Sneakers: Circuit, Stability, Yoga
- 500 Yoga Teacher Training in Nepal at Mandala Yoga School

Experience

With over 14 years of professional experience, I specialize in tailoring fitness programs to individuals of all ages, abilities and fitness levels. My commitment lies in helping you achieve your goals and experiencing a rewarding journey towards a healthier lifestyle. I thrive on incorporating variety into fitness routines and am dedicated to your success. If you're committed to your own success, let's collaborate and kickstart your journey together!

Take the first step! Email me at andreabgarcia@yahoo.com to schedule an appointment.



City of
LOVELAND
PARKS & RECREATION

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