



KATHY SCHICK

PERSONAL TRAINING & YOGA

prayerandpose.com

AMERICAN COUNCIL ON EXERCISE
Personal Trainer Certification since 2010

Cornerstone University
Grand Rapids, Michigan Bachelor of Science, Psychology 1995; Minor, Social Work 1995

YogaFit Worldwide

(Yoga Alliance Approved)

- ◆ YogaFit YogaCore 2017
- ◆ YogaFit YogaStrength 2017
- ◆ Yogafit Thai Energy 2021
- ◆ Ayurveda I Feb 2022
- ◆ Yogafit for Warriors Jan 2022
- ◆ YogaFit Level One 200 Hr RYT: Foundations 2018
- ◆ YogaFit Level Two 200 Hr RYT: Communication 2018
- ◆ YogaFit Level Three 200 Hr RYT: Introspection 2021
- ◆ YogaFit Level Four 200 Hr RYT: Advanced Training & Lifestyle 2021
- ◆ YogaFit Level Five 200 Hr RYT: Unification Feb 2022

YogaFaith

(Christian Yoga Association)

- ◆ YogaFaith Christian Yoga Meditation & Nidra 2020
- ◆ YogaFaith Module 3: Our Temple: Anatomy & Kinesiology 2020
- ◆ YogaFaith Module 4: Therapy & Touch 2020

American Council on Exercise

(National Commission for Certifying Agencies NCCA)

- ◆ Science Based blueprint for Creating Inclusive Yoga Classes 2017
- ◆ Mindful Exercise Overview for Fitness Professionals 2012
- ◆ Spinning Energy Zones (Mad Dogg Athletics) 2018
- ◆ ACE's Practical Guide to In Home Personal Training 2016
- ◆ Coaching Fundamentals: Strategies for Behavior Modification 2016
- ◆ Nutrition Planning that Leads to Real Results 2014
- ◆ Better Brains, Better Bodies: Building Mental Muscle 2016
- ◆ Bariatric Surgery Aftercare: Opportunities for health Coaches & Personal Trainers 2014
- ◆ Core Training for Real Results 2013
- ◆ Metabolic Conditioning - How to Train for Real Results 2014
- ◆ Vertical Core Training 2013
- ◆ The Role of Exercise in Recovering from Psychological Disorders 2012
- ◆ Pre- and Post Natal Fitness: Physiology, Biomechanics, Programming 2012
- ◆ Fitting Fitness into Parenthood 2012
- ◆ Cancer and Exercise 2012
- ◆ Diabetes and Exercise 2012
- ◆ Fibromyalgia and Exercise 2012
- ◆ Catering to Clients with Low Back Pain 2012
- ◆ Gait and Balance 2012
- ◆ Cholesterol and Exercise 2012
- ◆ Common Health Challenges Faced by Older Adults 2012
- ◆ Cardiovascular Fitness for Firefighters IAFF 2012
- ◆ Beachbody Live Core De Force Instructor, February 2019