

Valeriia Zakharova - Trainer Bio

Helping people build a body that moves well.

Motto: Build a body that supports your life.

Areas of expertise:

- Body recomposition and Strength Training
- Movement Quality, Mobility and Posture
- Exercise technique and breathing

Certifications:

- International Sports Science Association (ISSA) Certified Personal Trainer
- ISSA Certified Nutritionist
- ISSA Certified Corrective Exercise Specialist
- ISSA Certified Flexibility Coach

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