

meet

NATASHA HOYT

PERSONAL TRAINER



ABOUT ME

The first time stepping into a gym is intimidating! The lack of knowledge and confidence can have you feeling lost and confused. I never want anyone to feel this way! I specialize in helping people overcome their fear of the gym and to start moving towards their goals.

I believe exercise should be fun and challenging. Working with me will feel like working out with a friend, someone who has your best interests at heart and pushes you to be your best self.

My goal is to help you get the knowledge and confidence you need to be successful. I have been training for the past three years to help people get results and to have fun doing it. I can take you from working out to following a program that you will stick to and enjoy doing.

MY MOTTO

Fall in love with the process and the results will follow.

QUALIFICATIONS

BS in Nutrition and Exercise Physiology - Washington State University (2018)
Certified Personal Trainer - American College of Sports Medicine (2018)

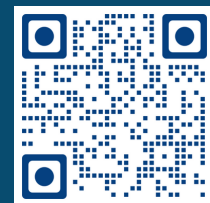
"Natasha truly cares for her clients and wants them to succeed. I have multiple sclerosis and she went out of her way to find exercises that would be helpful. If I was unable to do a certain exercise Natasha would make modifications to it for me instead of just moving on to something else. I have continued exercising at the gym consistently since. Natasha's true care for my well-being as well as her motivation inspires me to continue. If you want results, train with Natasha. She gives you things to try – you think are impossible, but you can do them and want more!"

Rachel Hunt

WHAT MY CLIENTS SAY

"Natasha is an excellent trainer and possesses such a wonderful and positive attitude. She was my trainer for six months and I exceeded my goals while working with her because she is so motivating. She responded to my questions knowledgeably and provided the right amount of technical information so that I was confident in my abilities while working out. She kept the workouts interesting and enjoyable by changing and adapting routines based on my progress. Natasha is personable and has a good sense of humor but she is also serious about the workouts and achieving goals and she kept me on task. I looked forward to our training sessions because she helped me find success every time. She is a great training partner. I highly recommend Natasha as a trainer."

Linda Felber



SCHEDULE WITH ME