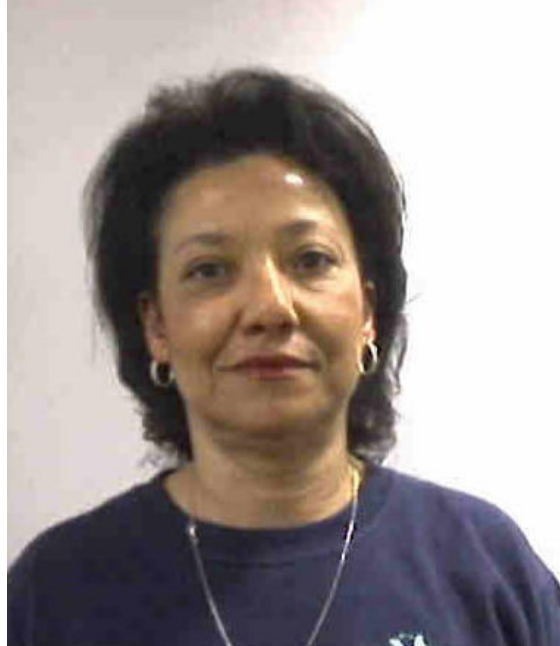


# ***Hollie Henderson***



**Name:** Hollie Henderson

**Age:** 52

**Certifications:** Diploma in Fitness and Nutrition, WITS Personal Training Cert., AFAA Group Exercises, Stability Ball, Nautilus Training and Senior fitness.

**Experience:** 30 years experience in the fitness field, cardio respiratory fitness being most dominant and strength training. Working with diabetic clients.

**Favorite Exercise:** Enjoys all exercises

**Motto/Philosophy:** The greatest gift of all is your quality of life.

**General Interest:** Music, the arts and interacting with people.

**What can a client expect::** An exercise program designed to meet their needs, focusing on target areas and helping them achieve a healthier life style.

**Available times:** Monday and Wednesday late mornings and afternoons. Tuesday and Thursday afternoons and Saturdays.