

KATY FOX

AQUATIC THERAPEUTIC EXERCISE PRACTITIONER

CERTIFICATIONS

- APAI Aqua Instructor (Aquatic & Fitness Professional Association International)
- APAI Personal Trainer
- ATIR (Aquatic Therapy and Rehab Institute)

SPECIALIZATIONS

- Aquatic Therapeutic Exercise Practitioner
- Flexibility
- Adaptability in Water
- Breath Control
- Coordination thru Buoyancy

PHILOSOPHY

I specialize in enhancing flexibility and mobility through the therapeutic properties of water. By combining intuitive movement, guided stretching, gentle resistance, and applied pressure, I create a safe and supportive environment that encourages the body to release tension and expand with ease. In the water, your joints are naturally supported, allowing for deeper stretches, greater freedom of movement, and improved resilience.



Book a personal training session by completing the personal training request form located at the recreation center or www.cvprd.com.



CARBON VALLEY
PARKS & RECREATION DISTRICT