

## Details

- Thursdays, 5 or 6 pm class slots available. Classes are 60 minutes long.
- Classes will be held at the Training Station, an expansive private training facility at 1726 Clement Avenue in Alameda
- \$160 per month, paid via online auto-pay

**To sign up, send me an email: [kristin@kristinhedstrom.com](mailto:kristin@kristinhedstrom.com)**  
Spaces are filling up quickly. Sign up now!

“Kristin's class is so great. She mixes up the workouts each week so it never gets boring. She's really helpful and encouraging with everyone. Her 6 person class is the best size, you get personal attention as well as support from the rest of the class. Highly recommend her and her approach!”  
- Jess H.



Kristin has been helping women change their lives through personal training since 2012. She only works with women, specializing in weight loss and strength building. Kristin also holds certifications in nutrition, functional movement, and running.

Every woman has the ability to accomplish BIG things and with the right tools and environment, Kristin helps you do just that.