

Crystal Stratis

(479)-586-0130

Ryderreign@gmail.com



Training Philosophy

“I've been on both sides of the journey - losing 40 pounds taught me that real fitness is not about quick fixes, it's about sustainability. I love helping moms drop the baby weight, push people to lift heavy, & helping athletes improve their game. No matter where you are starting, I'll teach you how to build strength, confidence, & a routine that lasts a lifetime. Let's get stronger together!”

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training
Flexibility & Mobility Enhancement
Sports Performance & Athletic Training
Weight Management & Fat Loss
Post Injury Rehabilitation & Corrective Exercises
Obstacle Course Racing

Available Hours

Weekdays: Evenings