

Shiho Fechhelm

Personal Trainer

ACSM Certified Personal Trainer

I have experience working with a wide demographic through teaching many different group fitness classes such as Tabata, SilverSneakers, Zumba, and Yoga.

I have been involved in many sports throughout my life including swimming, speed skating, field hockey, and badminton. I currently enjoy walking and slacklining with my family. I love cooking all different kinds of foods.