

Shiho Fechhelm

Personal Trainer

ACSM Certified Personal Trainer

My hobbies include Pilates, cooking, drawing manga in Japanese, and walking our Siberian husky with my husband.

It's my pleasure to help you achieve your fitness goals. I enjoy working with people who seek for better movements, posture, and strength at any fitness level and age.

I also teach some group fitness classes such as SilverSneakers, Zumba/Zumba Gold, Basecamp, and Yoga.