



## Crystal Furnier

### About Me

Born and raised in Boone Co. KY, I have an amazing husband and 4 kids - 2 boys, 2 girls. I love anything outdoors: fishing, football, and fitness! My love of fitness started with CrossFit, and after that specifically into weightlifting. My passion for helping people achieve their goals, combined with my active lifestyle is what makes being a Training and Group Exercise Instructor a dream job for me!

### Certifications

- Group Exercise Instructor
- ISSA Personal Training
- ISSA Nutrition Certification
- Spinning
- LifeStrong at the YMCA®

### Specializations

- Weightlifting
- Functional Fitness Training
- Women on Weights classes
- Cycle Classes

### Biggest Result with a Client

I had a client with chronic pain and zero confidence in her coordination and strength, who had goals to just be able to do body weight exercises with no pain, and also build some confidence to participate in group exercise classes. She is now doing body building workouts, along with other regular group classes, and also doing 5k's, which has helped her chronic pain issues and body composition. Watching what weightlifting has done for her both physically and mentally in such a short period of time is why I feel like I have the best job in the world!

### How would I define my training style?

Functional Fitness, injury prevention, and helping people adapt and grow in their fitness journey. I love to find ways to help anyone at any level achieve their personal goals with adaptable programming, always focusing on form and mobility.

### Favorite Workout

Traditional body building

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"I can do all things through  
Christ who strengthens me."  
Philippians 4:13



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