



GET FIT STRENGTH AND CONDITIONING

NINA KOHN

Meet Your GFSC Fitness Team



**Meet
Nina**
COACH | TRAINER

ACE

What is your fitness philosophy?

Find a form of fitness you enjoy, and use it to become the most confident and strongest version of yourself both mentally and physically.

What is your coaching style?

To encourage you to push yourself in safe, supportive and fun environment.

What can a member expect from a class coached by you?

A fun class that is goal driven, by someone who is passionate about your fitness journey

What is the best advice on fitness that you received? Or Any fitness advice for someone reading your profile?

Your fitness journey is unique to you and your life.

What is your favorite exercise and why?

I have grown to love bulgarian split squats, no matter how many times you do them they never become easier so it allows me to push myself mentally and physically.

What is your regular fitness regime?

I train 5 days a week, with a body part split and one full body day. And on my rest days I enjoy going hiking or partaking in some outdoor activity.

How do you stay motivated?

By enjoying the journey, and using everyday I have to improve from the day before.

What else would you like GFSC members to know about you?

I worked at a cheetah reserve when I moved back to South Africa, which is where I am originally from.



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