

# Mirka Lipsky

**Certified Personal Trainer/Group Fitness Instructor**  
**Patch/Kelley Fitness Centers: *Bootcamp, HITT***



## Philosophy

Coming from a country where active lifestyle is not most people's priority, It was not until my later college years that I discovered the world of fitness. Scandinavian lifestyle was a major inspiration for me. Weather, health status, weight, age - these are all just variables but not obstacles. My main goal is to help improve the quality of clients' lives (or days) by providing safe, fun and challenging exercise class environment. I believe that exercise should be available to everyone and I would like to continue extending my skills so that I can work with a greater variety of clients.

## Education

University of Trnava, Slovakia  
Mgr. Psychology 2009- 2014

University of Bergen, Norway  
Psychology 2013

## Current Certifications

Certified Group Fitness instructor, ACE  
Certified Personal Trainer, ACE  
CPR/First Aid/AED