



INTRODUCING

Catherine McRobbie

Personal Trainer



Hi, I'm Cat! I've spent 25 years working with a diverse clientele, while remaining consistently focused on providing the most effective training techniques to reach everyone's training objective. I carry a range of specialties including corrective exercise, TRX suspension training, prenatal and postnatal fitness, nutrition for weight management and sports performance, kettlebell training, strength and conditioning, and electro-toxicology among others. Whether you're looking to achieve functional health, sustainable well-being through fitness, or high-level performance, I'm committed to your success.

EDUCATION & CERTIFICATIONS

- American Council on Exercise (ACE) – Certified Personal Trainer
- American Red Cross – CPR/First Aid/AED

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com