



**INTRODUCING**

**Mirka Lipsky**  
**Personal Trainer/Group**  
**Fitness Instructor**



I have helped people with their fitness journeys since 2016 and have witnessed the many different challenges people face. Initially, I studied to be a psychologist but shifted my career due to the Army lifestyle. I have learned and experienced how much our physical ability affects the quality of life. I believe in a personalized and functional training approach that will make you feel good and help you be the best version of yourself.

**EDUCATION & CERTIFICATIONS**

- ACE Certified Personal Trainer
- ACE Group Fitness Instructor
- American Red Cross First Aid/CPR

**Stuttgart Sports & Fitness**

**Panzer - Patch - Kelley - Robinson**

**[stuttgart.armymwr.com](http://stuttgart.armymwr.com)**