

Personal Trainer



Regina Platz

Regina is a NASM (National Academy of Sports Medicine) Certified Personal Trainer.

Growing up on a family farm in Germany, Regina has lived a healthy and active lifestyle since childhood. She studied Education and Social Services in Germany, and worked with children, ages 2 through 13 in preschool and after school programs. Regina has completed her studies in Personal Training, Fitness and Nutrition at Tidewater Community College in Virginia. Over ten years of ballet, classical dance lessons and performance lead Regina to become a Personal Trainer. Since 2011, Regina has dedicated her time to vigorous strength training, including participation in weight lifting competitions and the practice of yoga.

Regina will help you discover the fun of exercise. She can create a personalized workout program designed just for you. You will see results whether you are trying to get stronger and tone up, lose weight, or just to become more active. Regina believes that with determination and dedication, anything is possible!

Certifications include:

- NASM Personal Trainer
- CPR/ AED/ First Aid American Heart Association



"The magic happens when you step out of your comfort zone."

Call Regina at All Sport Health and Fitness at 896-5678, ext.147 to set up an appointment. You can email Regina at Regina@allsporthealthandfitness.com

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845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com