



Hi,

My name is Jana Krajhanzlova. I am a Personal Trainer and Class Instructor of Insanity and Spinning at Horizons.

I started doing different sports at a very early age. I gained experience in various sport-activities such as athletics, gymnastics, swimming, ball games.

As I enjoyed keeping fit very much, I decided to become a Personal Trainer and help others to follow the similarly desired path.

Remember, the most important and difficult thing in doing any activity is to start it, but once you got into it the rest will follow.

Feel free to contact me if you wish to get further information about my sessions.