

Kate Sirkin is an ACE certified personal trainer. She has operated a private fitness practice in Idyllwild for the past 21 years and has been teaching yoga, stretch, and small group exercise classes for the last 12 years.

Previously she has worked for many years in the field of cardiology at Scripps Clinic. She has worked in a technical capacity in radiology, invasive cardiac catheterization and cardiology research. In the area of research she was involved in FDA device trials assisting the Doctors/inventors.

Currently her curriculum includes a Hatha yoga class catering to all levels, a gentle restorative yoga class, a chair yoga class and small group exercise classes focusing on flexibility, alignment and strength. There will be an ongoing offering of new classes.

She is an avid hiker and backpacker, and has a regular meditation practice. She is an active participant in the Idyllwild community Zen meditation group.

She feels very blessed to live in the mountains in Idyllwild, California.

Kate can be reached at 951-326-6427 for class times and any questions you may have.