

Meet Kristin Murphy

CALA Trainer



Kristin has been passionately involved in the fitness industry for two decades. She began her journey as an aqua fitness instructor through CALA, and then expanded into land fitness with the LesMills programs and now enjoys teaching a variety of freestyle programs. She graduated with a Degree in Translation, which helps in her day-to-day work as a Project and Policy Coordinator with Transportation Services at the City of Ottawa.



She is certified in various disciplines including Aqua fitness (CALA), Spinning®, TRX®, Fitness Instructor Specialist (CFP). She is now a Master Trainer for Tabata Bootcamp™ and Barre Above™ as well as a trainer, presenter and assessor for CALA. She continuously finds ways to help her participants and students challenge and better themselves.



As a wife and mother of 2 young girls, Kristin is always on the go, incorporating fitness into every aspect of her life.