

KERI-LYN ANDRUS



ASTRAL FITNESS

Keri-Lyn Andrus (aka "Lil T")

*Certified Personal Trainer (CPT), Aerobics Instructor (OFC)
2nd Degree Black Belt in Chito-Ryu, GTS Gravity Machine Certified
Certified in the Fundamentals of Kettle Bells
As of Oct. 2009 - Olympic Lifting Crossfit*

Keri is a graduate from the Fitness & Lifestyle Management Program at George Brown College. She is certified through CSEP as a Certified Personal Trainer (CPT) and a Fitness Instructor (OFC). She is also certified in the fundamentals of Kettle Bells and certified on the GTS Gravity Machine. In October 2009, she will be taking a course on Olympic Lifting with Mike Burgender through the Crossfit Corporation. Keri has been published in magazines as a fitness expert and has worked with such athletes as Karen Cockburn and Jason Burnette, both placed with Silver Medals for Trampoline in the 2008 Olympics.

Keri grew up with a strong background in competitive dance, competing in many different towns and cities with her dance studio from Haliburton Dance Arts, receiving many awards for group and solo performances. She was also involved in Karate at the age of 4 and received her 2nd degree black belt in the style of Chito-Ryu. Keri taught Chito-Ryu for 2 years and played many sports in high school before attending college in Toronto.



I grew up on a hundred acre farm in the small town of Haliburton. My father was my teacher in Karate, the style of Chito-Ryu, and I grew up being the youngest and only girl with 3 older brothers. So with that said, I was pretty much destined to be a "tom boy." I loved growing up in the country, it allowed me to become a very active person growing up and I always wanted to be outside playing some kind of sport. By the time I was in high school, I was taking 7 dance classes a week, with competitions and recitals in the spring, still taking and teaching karate with my dad, playing for my high school Rugby team, and running for the Track and Field team. I always knew I wanted to be in the fitness industry and more than happy that I am today.

I love training and showing people how far they can go with motivation and dedication. My biggest enjoyment is to teach my clients what their bodies are capable of and how their bodies work. The body is an amazing thing. Although the most rewarding thing about training is seeing my clients succeed. Their success is my success and I look forward to that every day."

Lil T