

ACC GLOBAL MEDIA Features Kathryn Schlick of Katalyst Fit on Women, Fitness, & Personal Training Las Vegas, Nevada

ACC NEWS Spotlights Kathryn Schlick Founder of Katalyst Fit on Empowered Women, Fitness & Expert Personal Training Las Vegas, Nevada

LAS VEGAS, NEVADA, UNITED STATES, July 18, 2016

/EINPresswire.com/ -- [Kathryn Schlick](#) Founder of Katalyst Fit Las Vegas, Nevada

[ACC NEWS](#) Interview with Kathryn Schlick, Founder of Katalyst Fit WEDNESDAY, JULY 20TH, 2016 at NOON (12:00 p.m. EST., Las Vegas, Nevada

Contact: Kathryn Schlick

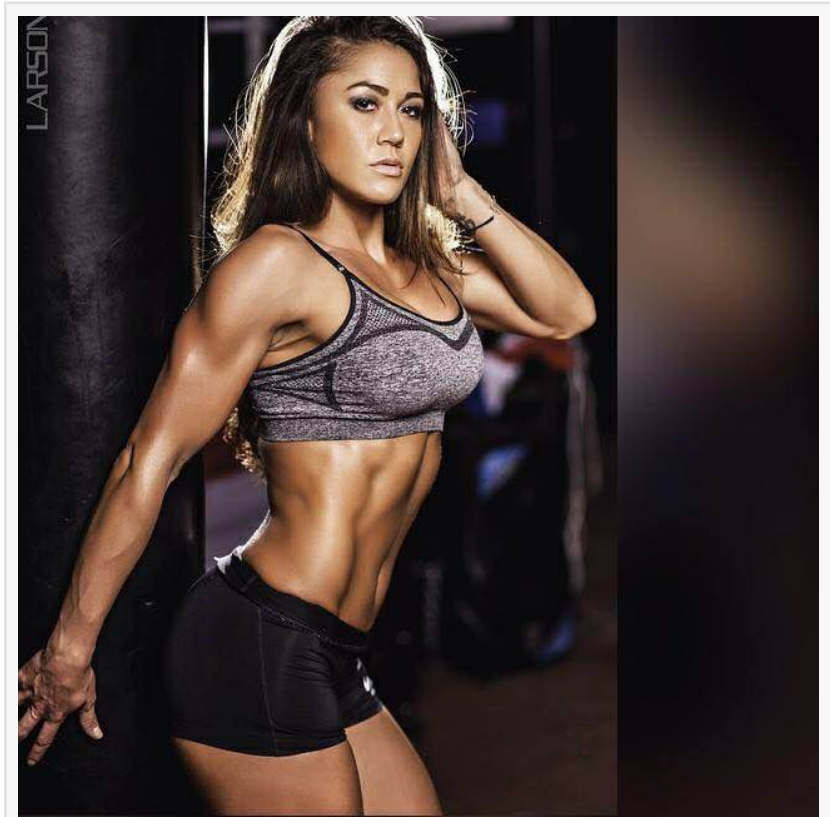
Phone: 1 (702)-715-2144

Email: katalyst.being@gmail.com

Website:

WWW.KATALYST.MYMOBSITE.US

Contact: [ACC Global Media](#), 1-888-725-0554 www.Accglobalmedia.com
Kathryn Schlick of Katalyst Fit on



KATHRYN SCHLICK FOUNDER OF KATALYST FIT

Empowered Women, Fitness, & Personal Training Las Vegas, Nevada

ACC NEWS Features Kathryn Schlick Founder of Katalyst Fit

Las Vegas, Nevada – We all want to live long, prosperous and healthy lives... but between career, family and other personal responsibilities, finding the time to maintain healthy living may seem impossible. While some seek health through physical transformation, others seek mental and spiritual health. The true importance of the balance between mind, body and spirit is often overlooked for a variety of reasons. In 12 incredible weeks, Kathryn Schlick, also known as Katalyst of KatalystFit can guide you towards achieving your optimal balance in practical ways, integrating body, mind, and spirit.

With focus on Transformational Therapy and incorporating Personal Training for Personal Development, Kathryn works with individuals to transform their mindset and physical health in order to rejuvenate their drive and rid themselves of limiting beliefs. As a single mom supporting her child, Kathryn knows all too well the struggle to find the time and energy to balance personal and

professional life. Kathryn incorporates her own life lessons and experiences into helping others find the drive to succeed in living an inspired life.

At www.katalyst.mymobisite.us, people can view all of the wonderful services provided by Kathryn. These services include Personal Training, Life Coaching, Behavior Change Consulting and Spiritual Counseling to name a few. There is also an option to join her VIP list that receives free weekly fitness and nutrition tips. The motivation, compassion and inspiration she brings to her clients are something to experience firsthand.

“While many women come to me for physical transformation, throughout our sessions I encourage them to try different techniques to enhance their overall mindset to give them the self-empowerment necessary to achieve their dreams,” exclaims Schlick. “

Kathryn plans to release an eBook and host a series of interactive webinars to expand her services and client base. The excitement she brings and more importantly the results that clients experience are key factors to Kathryn’s growing clientele. By connecting with people authentically, she strives to create and collaborate solutions for frustrations client’s experience.

“Everyone struggles to create and maintain balance at some point. It’s ok to have a momentary break down. It is the breakdown that creates an opportunity to rebuild a new you, a version of you that has more confidence and courage to achieve what you desire.”

Kathryn Schlick will be featured on ACC NEWS Talk Radio

www.blogtalkradio.com/accglobalmmedia on Wednesday July 20th at 12pm EST. For more information about Kathryn Schlick visit www.katalyst.mymobisite.us or email katalyst.being@gmail.com.

Thank you for sharing this vital information with your clients, network of colleagues and co-workers! Please tune in at show tab below.



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<http://www.blogtalkradio.com/accglobalmedia/2016/07/20/acc-news-features-transformational-therapist-personal-trainer-kathryn-schlick>

Kathryn Schlick Founder of Katalyst Fit has the most complete & proven Fitness Program seen in many years. Guaranteed to bring FAST, AMAZING & LONG STANDING results with ANY person she works with.

*ACC GLOBAL MEDIA
RESEARCH DEPARTMENT*

Kathryn Schlick
Katalyst Fit
1 (702) 715- 2144
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

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