



Krista Depeyrot is a Washington DC native. She started with Gladiator Fitness in 2007 as an eager client and has since then graduated into the instructor ranks. With a lifelong interest in nutrition, wellness and exercise, Krista earnestly studied under Gunny for years before receiving her Personal Trainer Certification from AFAA in 2010.

Krista's interests and experience include Pilates, indoor cycling, Hatha, Bikram and Iyengar yoga, Kettlebell training, Kickboxing, and years of resistance and weight training. Krista has also recently completed the Warrior Dash and the Spartan Race. Krista is a Certified Personal Trainer (CPT) and certified Kick Boxing Instructor.

