



Haven Nutt

Personal Trainer
Group Fitness Instructor
Culinary Instructor
Paddleboard Fit Coach

Education

BA from Pepperdine University
Malibu, CA

Certifications

Personal Training, Group Fitness Training, Fitness Nutrition, Paddleboard Fitness/Yoga, Muay Thai Kickboxing, Kickboxing Fitness, Self Defense, Pilates

About Me

Haven is an entrepreneur, trainer, group class instructor, and cookbook author with a slew of interests and services. She is passionate about empowering people to find the root of their own health with mental, physical, and spiritual wellness-because each of these elements is a peg in the turning wheel of what it means to be alive. She is the owner and operator of Heart Haven, a waterfront retreat on Beaver Lake. She is a people person who is passionate about working with and bettering others. Book a personal training session, small group training, group class (Box & Burn, Bag Work, Pilates, Yoga, SUP Fit), or culinary/nutrition class with her today!

Personal Interests

Hiking, Paddleboarding, Beach Volleyball, Pickleball, E-foiling, Cooking/Baking, Traveling, Lake Adventures, anything, and everything outside and adventurous!

Contact Information

Havennutt@gmail.com

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