

Ann L.

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



**Training Motto**

Take care of your body. It's the  
only place you have to live

## Certifications/Education

- ACSM Certified Exercise Physiologist
- ACE Lifestyle and Weight Management Consultant
- Cancer Fitness Institute Instructor, Parkinson's Foundation Instructor
- Arthritis Foundation Instructor, Three Star Spinning Instructor

## Training Specializations

Strength and Conditioning, Adult Athletes  
Seniors