

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



## Training Motto:

Progress over Perfection

## Certifications/Education:

- Certified Personal Trainer
- BS in Exercise Science, Minor in Nutrition

## Specializations:

- Balance & Stability
- Training Core Strengthening
- Flexibility Training
- Resistance Training
- Sport Performance
- Compleitive Gymnastics Coach



**SOUTH  
SUBURBAN**  
PARKS & RECREATION