

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

Exercise is a celebration of
what the body can do, not a
punishment for eating.

Certifications/Education:

- BS in Exercise Science
- ACE Certified Personal Trainer
- ACE Group Fitness Instructor
- REB3L Fitness

Specializations:

- Beginners / Older Adults
- Aqua Fitness