

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

Heartstrings and Hamstrings.

Certifications/Education:

- National Academy of Sports Medicine (NASM)
- CPR/AED
- Collegiate Boxing - University of Notre Dame

Specializations:

- Balance and Stabilization
- Weightlifting for Martial Artists
- Weightlifting for Yogis