

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:
The link between gut,
physical and mental
health is undeniable
so let's work towards
healthy and happy!

Certifications/Education:

- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- NASM Certified Nutrition Coach
- CPR/AED Certified
- B.S, Computer Info Systems & MGT.
Science, MSU