

Lena C.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



PERSONAL
TRAINING



EXERCISE
CLASSES



SUCCESS
& SUPPORT



NUTRITION
WELLNESS



Training Motto:
Believe in yourself.
Have the courage
to be the best.
Never settle!

Certifications/Education:

- ACE Certified Personal Trainer
- ACE Certified Group Fitness Instructor
- ACE Certified Functional Training