

Lisa C.

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



PERSONAL  
TRAINING



EXERCISE  
CLASSES



SUCCESS  
& SUPPORT



NUTRITION  
WELLNESS



**Training Motto:**  
Today I am strong,  
tomorrow I will be  
stronger.

## Certifications:

- ACE Certified Personal Trainer
- NASM Corrective Exercise Certified
- TRX Certified
- ACE Senior Fitness Specialist Program Certified
- CPR & AED Certified