

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



## Training Motto:

We are all works in progress;  
let's enjoy our lives more through  
movement and exercise.

### Certifications/Education:

- AFAA Group exercise certification
- ACE Personal Trainer Certification
- Silver Sneaker Classic and Circuit Certified
- CPR/AED

### Specializations:

- Adult and Older Adult Functional
- Core
- Strength & Balance
- Conditioning