

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

Consistently doing the basics
will get you a lot farther
than you think.

Certifications/Education:

- NASM Certified Personal Trainer
- CPR/AED

Specializations:

- Running Mechanics
- Youth, Active Adult and Aging
- Strength, Injury Prevention