

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

You must have determination and courage, otherwise you will never have the GRIT to achieve your goals, passions and dreams.

Certifications/Education:

- MS Clinical Exercise Physiology - Northeastern University (Spring 2025 graduate)
- BS Healthy and Exercise Science - Colorado State University
- NASM Certified Personal Trainer & Corrective Exercise Specialist
- SilverSneakers Group Fitness Instructor
- CPR/AED

Specializations:

- Older Adults
- Parkinson's Disease & Cancer
- Balance, agility, core, muscular endurance & strength