

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

Progress over perfection.

Certifications/Education:

- NASM Certified Personal Trainer
- UESCA Running Coach
- Licensed Social Worker

Specializations:

- Endurance Training
- Bone Density Training
- Weight Loss
- Muscle Gaining