

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

Most roads are best traveled together. Let's discover how fitness fits into your life and benefits you.

Certifications/Education:

- NASM Certified Personal Trainer
- Girls Gond Strong - Women's Coaching Specialist
- CPR/AED/First Aid Certified

Specializations:

- Functional Fitness
- Strength Training
- Muscle Development