

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



PERSONAL
TRAINING



EXERCISE
CLASSES



SUCCESS
& SUPPORT



NUTRITION
WELLNESS



SOUTH
SUBURBAN
PARKS & RECREATION
FITNESS STAFF

Training Motto:

You are never too old to begin a Fitness program. Everyone can exercise and exercises can be modified for all. Do what you enjoy to improve your health.

Certifications/Education:

- BA Psychology and Recreational Therapy
- Health Coach
- Personal Trainer
- Group Fitness Instructor
- SilverSneakers
- CPR/AED

Specializations:

- Adult/older adult, people with cancer, lifestyle behavior change, disease prevention and maintenance, core, balance