

Cherise M.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto
Slow but steady wins the race

Certifications/Education

- ACE Certified Personal Trainer • Les Mills Bodypump Instructor
- Barre Above Instructor • Silver Sneakers Classic Instructor
- Silver Sneakers Yoga Instructor
- Red Cross First Aid/CPR/AED

Training Specializations

I have extensive knowledge in endurance training; particularly marathons and Ironman distance racing.

