

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:

Fitness is Insurance! When you invest in your health, you give a gift to yourself and to those you love.

Certifications/Education:

- B.S. Exercise Science
- NASM Certified Personal Trainer • CPR/AED Certified
- Low Pressure Fitness Certification (Levels 1, 2 and 3)
- 200 Hour Yoga Certification

Specializations:

- Strength Training
- Hypertrophy Training/Muscle Development
- Pelvic Floor Rehabilitation • Yoga/Mind-Body Work