

Donna S.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Helping you live your
life to the fullest

Certifications/Education

- NASM/AFAA Certified Personal Training
- NASM Certified Corrective Exercise Specialist
- Spinning Certified, Bachelor of Science in Business and Economics
- CPR, AED, and First Aid Certified

Training Specializations

Adults of any age, Strengthening, Toning, and Endurance
Injury prevention through corrective stretching and exercising

