

**Emily R.**

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



## Training Motto

Share your goals with me!  
I will help you achieve them through  
personalized workouts that will make  
you work hard, have fun and  
keep you on the path to lifelong  
strength and health.

## Certifications/Education

- ACE Personal Trainer
- ACE Group Fitness Instructor
- First Aid/CPR/AED