

Heidi S.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

By bringin more movement into
non-exercise time, (we) can off-
set some of those sitting effects

- Anonymous

Keep on moving....

Certifications/Education

- ACE Group Fitness • ACE Personal Trainer
- Silver Sneakers - Classic, Circuit and Yoga Stretch
- CPR/AED • MA Counseling Psychology

Training Specializations

Older adults

