

Lori B.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



PERSONAL
TRAINING



EXERCISE
CLASSES



SUCCESS
& SUPPORT



NUTRITION
WELLNESS



Training Motto

Fitness is about so much more than exercise. It's a catalyst for positive change, and it affects every aspect of your life

Certifications/Education

- ACE Certified Personal Training
- Spinning Indoor Cycling
- Silver Sneakers Classic
- GZSPN Parkinson Foundation
- CPR/AED Certified

Training Specializations

Adult/Older Adult Agility, Balance, Core and Strength

