

# 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:

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

### Specializations:

- Adult/Older Adult Agility, Balance, Core and Strength