

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



## Training Motto:

If someone else has done it,  
I can do it too. If no one has,  
then I can be the first.

## Certifications/Education:

- NASM Certified Personal Trainer
- CPR/AED Certified

## Specializations:

- Weight Training
- Balance
- Stability
- Core Strength
- Endurance for All Ages