

Mary W.

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



Training Motto  
Exercise is Medicine

## Certifications/Education

- Education-B.S. Athletic Training
- Certs- AAAI/ISMA Pilates and personal training
- ACE Group Fitness

## Training Specializations

Older adult, Corrective Exercises, Post Rehabilitation, Chronic pain and Exercise, Pilates based including reformer.