

**Maureen P.**

# ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL  
TRAINING**



**EXERCISE  
CLASSES**



**SUCCESS  
& SUPPORT**



**NUTRITION  
WELLNESS**



**Training Motto**  
Never Give up- Continue to challenge yourself and try new skills for a balanced life!

## Certifications/Education

- BS/MS Human Nutrition and Physiology
- AFAA Certified Personal training • Mad Dog Spinning Certification
- TRX Basic Functional Training • Zumba • Zumba Toning
- Zumba Sentao Certifications

## Training Specializations

Older Adults, Middle Age adults, Strength training, Toning, Weight control

