

Michelle P.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto
Make yourself stronger
than your excuses.

Certifications/Education

- Bachelor of Science, University of Houston
- NASM Certified Personal Trainer
- CPR/AED Certified

Training Specializations

- Muscle Growth • Fat Loss • Strength and conditioning coaching

