

Tessie C.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto
Strive to be the best you can be

Certifications/Education

- RN BSN • Zumba licensed • Zumba Step • Zumba Toning,
- Aqua Zumba • Zumba Sentao • Zumba Gold • Zumba Kids and Kids Jr
and Zumba chair • ACE fitness instructor and Personal Trainer
- Silver Sneakers • Silver Sneakers Circuit

Training Specializations

Older adult, Rehabilitation from surgery and strokes,
strengthening and toning