

Tracy M.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Your health is an investment,
not an expense.

Certifications/Education

- ACE Certified Personal Trainer
- ACE Certified Weight Management Specialist
- B.S. in Health Education
- M.S. in Health Promotion and Wellness Management