I take pride in my ability to help my clients set goals, shape new behaviors, and ultimately, reap the rewards that maintaining an active lifestyle has to offer. Part of what I love most about being a personal trainer is the lasting relationships I build with each client and getting to witness their growth throughout their programs. With more than eight years of personal training experience, I am passionate about sharing the benefits of healthy living with others.

"I've been a personal trainer and group instructor for over 10 years, and I have worked with many people with different goals and different conditions over the years. Not only do I have the knowledge to help you reach your goals but also bring the experience. A personal challenge of mine was when I had my first knee surgery training with my MCL and ACL. With the proper exercise routine and attitude, I was able to overcome that and get back to doing what I love."

"I am a Certified Personal Trainer with an accreditation from the National Academy of Sports Medicine. I aim to bring value to fitness enthusiasts of any level. New to the gym? I can help! Struggling with accountability? I can help! Hitting a plateau? I'm here to help you push through. Whatever the barrier is, I'm keeping you from reaching your goal. I can absolutely give you the tools and help you achieve it! I love all things fitness, from weights to cardio to circuits. I'm in. Let's get fit! Help you reach your goals!"

"I am an ISSA Certified personal trainer and bodybuilding specialist. I will always do my very best to make a workout plan that allows you to achieve your goals. When you work out, you start feeling better about yourself and when you start feeling better about yourself, you start to excel in life. I try to instill a passion for fitness and good health, through fitness.

If you're ready to take your fitness journey to the next level and finally achieve the results you've been working towards, I'm here to help! I have the knowledge and experience to guide you through a safe and effective workout plan that is tailored to your unique needs and goals. With my expert guidance and support, we can work together to build healthy habits, overcome any obstacles that come our way, and ultimately help you reach your full potential. Don't wait any longer to invest in your health and well-being! Let's get started on your journey to success today!

"Through my 10 years of being a personal trainer, I have never had two clients that have been alike. Each client is different in their own unique way. It is my job as a trainer to research and educate myself to meet the needs of each client who has a certain injury, disease or medical condition. This allows me to design a safe, proper and effective program. I'm able to put myself in the shoes of my client and see things from their perspective in order to build their confidence and comfort level this way, enthusiasm, keeps my clients motivated and builds adherence to a workout regimen."

"I believe that women especially need to feel empowered, strong, capable and worthy. I am here not only to help you learn and achieve your goals, but also to make the gym a positive experience. Come join us and have a few laughs while working towards your goals!"

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"I am a certified PT by ISSA. I have my CrossFit L1 certificate."

"I’ve been in fitness over 10 years ago. I have been through many different stages of fitness and health including competing in several physique competitions. I started training 3 years ago and have successfully helped others achieve their goals of health and wellness. I am certified as a Health and Wellness Coach BSN & I am a certified PT by ISSA."

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