



PERSONAL TRAINER

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Exercise doesn't have to be a laborious chore, in fact it can be fun and fulfilling! Exercise plays a vital role in building and maintaining a healthy body and mind. I strive to create workout programs that will not only help you meet your goals, but that are also enjoyable. I believe there is a path to fitness for everyone, and I am excited to help you find yours.

Qualifications

- B.S. Exercise Science from The Ohio State University
- ACSM Certified Personal Trainer
- ACSM Certified Exercise is Medicine coach

Experience

I have 7+ years experience in the fitness industry working with a wide variety of ages and needs from teens to seniors. I have created and coached many youth training programs that cover safety and technique for beginners and also speed and strength development for youth athletes. I have also created many senior programs that focus on maintaining strength and building better balance and stability. With my Exercise is Medicine certification, I have been able to train special populations such as clients with: joint replacements, arthritis, diabetes, obesity, back pain and more. Fitness is my passion and the gym is my favorite place. I want to help everyone feel safe and confident anytime they walk into the gym.

Specialties

- Basic Free Weight Lifting Techniques
- Powerlifting - squat, bench, deadlift, overhead press
- Core Strengthening and Stability
- Balance and Mobility

Take the first step! Contact me to schedule an appointment.

