

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



**SOUTH
SUBURBAN**
PARKS & RECREATION
FITNESS STATION

Training Motto:

Fitness for life, no excuses.

Certifications/Education:

- NASM Certified Personal Trainer
- NASM Certified Sports Nutrition
- Bachelor of Science CSU
- CPR/AED

Specializations:

- Strength Training
- Building Muscle
- Endurance
- Stabilization