



HOMETOWN

Winston-Salem, NC

EDUCATION

B.S. in Kinesiology (2020)
A.S. (Associate of Science)

CERTIFICATIONS

Personal Trainer - NASM

SPECIALTY

Strength Training
Interval Training
Corrective Training
Weight Loss

MOTTO

"Today I will do what others won't...
so tomorrow I can do what others can't."

FAVORITE EXERCISE

Squats, Lunges, Russian Twists

AVAILABILITY

Varied afternoons, evenings,
and weekends

BIO

I have been a member of the Jerry Long Family YMCA since 2010 and have enjoyed fitness ever since. I am a current Wellness Coach for Jerry Long Family YMCA. I served in the United States Marine Corps as a Combat Engineer. I am actively completing my B.S. at the University of North Carolina Greensboro where I am studying Kinesiology. I intend to pursue graduate school for an MS in Exercise Physiology after graduation. Being physically active, both inside and outside



of the gym, has had a major impact on my own life, and still does to this day. I would like to be that motivational tool to help others experience all the many benefits that exercise can have on their lives. All progress takes place outside one's comfort zone, and I enjoy pushing others beyond theirs. As long as you give it your all, nothing is impossible.