



## **EDUCATION**

BS in Business Admin.  
MBA. Appalachian State University

## **CERTIFICATIONS**

Personal Trainer FiTour  
Kettlebell  
Moving for Better Balance  
LifeStrong at the YMCA  
TRX

## **SPECIALTY**

Balance and Fall Prevention  
Core Strength

## **MOTTO**

The Joy of the Lord is my Strength

## **SPIRITUAL GIFTS**

Encouragement and Teaching

## **BIO**

When my children were toddlers I discovered a love for group exercise. Ten years later, I thoroughly enjoy teaching teens and adults of all ages and fitness levels.

I love meeting new people, discovering what their goals are, and building an effective, fun and safe fitness plan for each person. It's awesome witnessing my clients celebrate each success, and watching them move forward and set new goals.

I truly enjoy motivating and coaching others.

