



**ACCEPTING  
NEW  
CLIENTS**

**HOMETOWN**

Winston-Salem, NC

**EDUCATION**

B.S Exercise Science - Campbell University  
Impact university- Masters in Theology

**CERTIFICATIONS**

ISSA Personal Training  
Strength and Conditioning

**SPECIALTY**

Track and Field  
Soccer  
Strength Training  
Weight Loss

**AVAILABILITY**

Flexible

**MOTTO**

"I love that we can do this together."

**FAVORITE EXERCISE**

Anything for legs

**BIO**

I was born and raised in Winston-Salem NC. I am an only child who was a multi-sport athlete growing up playing sports such as soccer, track and field, golf, and basketball. I recently graduated from Campbell University with my Bachelor's in Exercise and Sports Science. I currently attend Impact University here in Clemmons, where I am pursuing my Master's in Theology. In my free time I enjoy listening to music and attending church!



YMCA Personal Trainer  
**MAKIALA SITTON**