



HOMETOWN

Sicklerville, NJ

EDUCATION

B.A. in Social Work, UNC-Greensboro

M.A. in Clinical Mental Health Counseling

South University- High Point, NC

CERTIFICATIONS

Personal Trainer

LIVESTRONG® at the YMCA

SPECIALTY

Introductory Fitness

Interval Training

Functional Fitness

Conditioning and Strength Training

AVAILABILITY

Varied mornings and afternoons

MOTTO

"Life long learning!"

FAVORITE EXERCISE

TRX

BIO

I am a wellness advocate, and have been a wellness coach with our William G. White, Jr. Family YMCA since 2016. Over time coaching evolved into personal training. I have always been passionate about helping others along their wellness journey. My goal as a trainer is to help others become confident and consistent with activity; all I need is



YMCA Personal Trainer
CIERA D KING

your commitment. Whether it is aerobic endurance, strength, flexibility, or technique that you want to improve, we can partner together and find the program that best fits you!