

**HOMETOWN**

Lexington, NC

EDUCATION

High School Diploma

CERTIFICATIONS

Personal Trainer– ISSA

SPECIALTY

Core Training

Strength Training

Lower Body Training

Toning

AVAILABILITY

Varied mornings, evenings, Saturday,
and Sunday

MOTTO

“It never gets easier, you just get stronger!”

FAVORITE EXERCISE

All Back exercises, Squats, All Core Exercises

BIO

I am a very enthusiastic fitness trainer that has been certified for 2 years with ISSA. I have been interested in fitness since I was High School. My love for working out came from my years of playing basketball. I played since I was 7 years old and finished after two years of playing college ball at GTCC. Two years ago I decided to take my love for fitness to the next level by becoming a personal trainer. My goal is to help clients make their health a priority and make the session really enjoyable.



YMCA Personal Trainer
GALIN HAIRSTON