

**HOMETOWN**

Orange, Texas

EDUCATION

B.A. History
Salem College

CERTIFICATIONS

Personal Trainer–Fitour
Group Exercise Instructor
Les Mills– CORE, BODYPUMP,
BODYBALANCE, BARRE, BODYCOMBAT,
BODYJAM
YogaFit–Level 1

SPECIALTY

Functional Fitness
Strength training
Balance and flexibility

AVAILABILITY

Varied morning, afternoons, evenings,
and Saturdays

MOTTO

Motivation is what gets you started.
Habit is what keeps you going.

FAVORITE EXERCISE

Burpees and running

BIO

I have spent nearly 10 years in Group Exercise and Personal Training. My goal in working with anyone, whether it be one on one training or in a group setting, is for them to form a healthy relationship with working out, to feel empowered to take control of their fitness journey and to make fitness a part of their everyday routine. I feel strongly that exercise can change your life!



YMCA Personal Trainer
SARAH WHITBRED