

**HOMETOWN**

North Judson, Indiana

**CERTIFICATIONS**

FiTour Personal Trainer

**SPECIALTY**

HIIT Training

Circuit Training

Strength Training

**AVAILABILITY**

Mornings and afternoons

**MOTTO**

You're stronger than you think

**BIO**

I truly found my love for working out in 2009 when I first joined a YMCA. I love cardio and strength training. I have a drive to help people reach their fitness goals on every level. Sometimes you don't know your limit until someone pushes you. Over the years I have done many different exercises and have learned that you get back what you put into a workout. It takes time but it is possible to reach all your fitness goals!



YMCA Personal Trainer  
**JULIE HARDISON**