

**HOMETOWN**

Salem, Oregon

EDUCATION

B.S., Brigham Young University

CERTIFICATIONS

Personal Trainer - FiTour

MOTTO

I can do all things through Christ which strengtheneth me. (Philippians 4:13)

PERSONAL TRAINING AREAS

Everyone: develop the necessary strength and flexibility so you can do what you love for as long as possible.

Moms: get your body back after baby/babies.

Athletes: proper form and technique for max gains; power/speed plyometrics; flexibility; coming-off-injury.

BIO

I'm a mother of four (three boys and a girl).

I'm a USA Track & Field Masters All-American in seven events as well as a 2022 USA Track & Field Masters National Champion and Gold medalist. My other favorite sports are snow & water skiing, wakeboarding, climbing, football, swimming, yoga.



YMCA Personal Trainer
ANN MAJORS