



HOMETOWN

Winston-Salem

EDUCATION

Mount Tabor High School
Davidson Community College Associate degree
in Cosmetology and Arts

CERTIFICATIONS

NASM CERTIFIED

SPECIALTY

Athletics
HIIT Training
Weight loss management

MOTTO

"The only person you are destined to become is
the person you decide to be."
– Ralph Waldo Emerson

FAVORITE EXERCISE

HIIT training, plyometrics, strength training with
bodyweight

BIO

My personal journey to get where I am today is what drove me to get my NASM certification. I became involved in athletics in various sports and activities at a very young age. Competitive in nature, but humble in spirit, I continued on my journey with care for my body, mental health, and wellness practices of all kinds. Throughout my teens I played basketball, ran track, and competitively rode horses for almost ten years. When I became a mother my life started to slow down in the world of health and fitness, which led me to gain weight and rapidly get to a place where I thought I couldn't come back from. I began my journey fighting for my life to get back to who I was. I started my journey at 225 lbs. at 5'10". I didn't feel well and I didn't know where to begin. Day by day I went for a year and I worked diligently to get back to the woman I was. I started educating



YMCA Personal Trainer
COURTNEY GARNER

myself on exercise and nutrition and began to lose weight, as well as become an athlete again. Now I have surpassed my goal weight (175 lbs) and my expectations. It is my passion at this point to help others achieve their goals in becoming the healthier, stronger, and more powerful version of themselves. Getting my NASM certification was just the beginning. I am now an AFTERBURN instructor here at the Robinhood Road Family YMCA. In the years to come I will obtain my degree in athletic training. I don't intend on ever stopping this journey. I will always seek new knowledge in the world of fitness and sports. I'd love to get the opportunity to help and assist anyone maintain or begin a new perspective on fitness.