

HOMETOWN Advance, NC

**EDUCATION** Exercise Science UNC-Charlotte

**CERTIFICATIONS** ACE Personal Trainer

## SPECIALTY

Strength Training Functional Fitness Athletic Conditioning Core

### AVAILABILITY

Wednesdays/Thursdays All day

#### ΜΟΤΤΟ

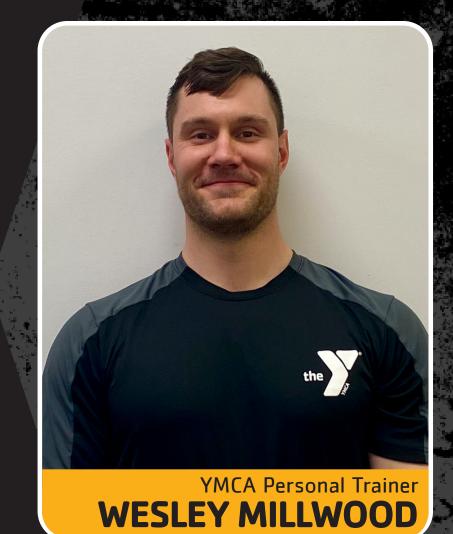
Carpe Diem!

## **FAVORITE EXERCISE**

Squat, Shoulder Tap Planks, and Box Jumps

#### BIO

I've been constantly active in exercise/weight lifting for the past 14 years. It will always be a part of my life. Exercise not only improves your health and physical appearance but also your mental health. Everyone should incorporate exercise into their lives. I'm here to help you achieve the best version of yourself and make it enjoyable!



# YMCA OF NORTHWEST NORTH CAROLINA