

**HOMETOWN**

Mill Creek, WA

**EDUCATION**

Associates in Integrative studies,  
Associate in Culinary Arts

**AVAILABILITY**

Varies

**CERTIFICATIONS**

500 hour yoga instructor, Kettlebell Kings  
Certified Kettlebell Instructor,  
Personal Trainer

**SPECIALTY**

Functional Movement

**MOTTO**

Movement is life

**FAVORITE EXERCISE**

Kettlebell Snatch

**BIO**

I'm Morgan, a yoga instructor, kettlebell enthusiast and human movement science nerd. One of the best things we can do for our physical and mental health is move! As a personal trainer, I love being a part of my client's fitness journey. I want to know about your past success and challenges so that we can work together to create a fitness plan that will meet your goals and have you moving and feeling better in every aspect of your life.



YMCA Personal Trainer  
**MORGAN WARD**