

#### **HOMETOWN**

Wilkesboro, NC

### **EDUCATION**

B.A. in Communications from The University of North Carolina at Chapel Hill

### **AVAILABILITY**

Mornings, evenings, weekends

### **CERTIFICATIONS**

NASM Certified Personal Trainer Les Mills BodyPump Instructor National Nutrition Program Certification

## **SPECIALTY**

**Personal Training** 

### **MOTTO**

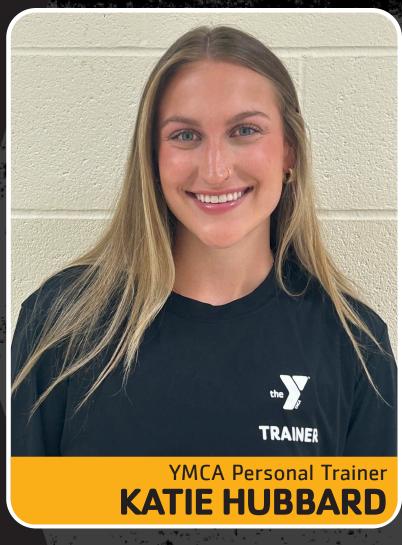
"The time will pass anyway"
(We often worry about the idea of being behind, this preconceived notion that it's "too late" to start something. This "quote" really stresses that we shouldn't be scared of how much time something will take, because that time will be passing regardless)

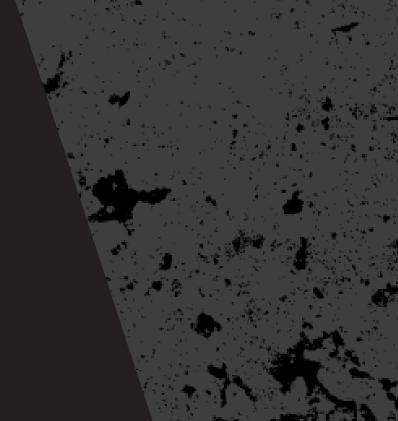
# **FAVORITE EXERCISE**

Single Leg RDLs

### BIO

I am a recent college graduate who developed a passion for fitness after discovering its transformative impact on my own life. I am dedicated to creating dynamic and inclusive fitness experiences tailored to all levels and goals. I specializes in designing workout routines that seamlessly blend cardio, strength training, and functional exercises to promote overall health and well-being.





YMCA OF NORTHWEST NORTH CAROLINA