

## **HOMETOWN**

Franklin, NC

# **EDUCATION**

Kinesiology, University of North Carolina at Greensboro

# **CERTIFICATIONS**

**NASM Certified Personal Trainer** 

# **SPECIALTY**

Strength Training, Muscle building, Weight Loss Training, Sport Specific Training

#### **MOTTO**

Don't count the days, make the days count

# **AVAILABILITY**

Weekdays

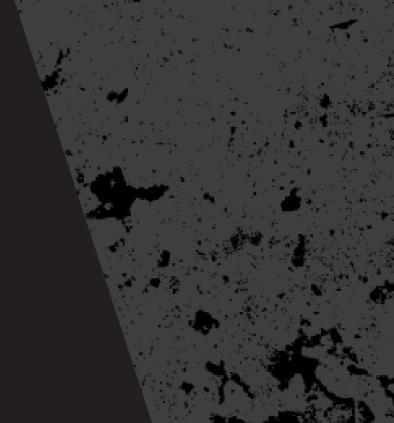
# **FAVORITE EXERCISE**

Hack Squat, Chest Press, Lat Pulldown

## BIO

I grew up in a small town, played high school football, won two state championships and competed nationally in track & field. I have been in the gym for a large portion of my life and have fallen in love with helping other people reach their fitness and health goals. I have personally gone through periods of building muscle and increasing strength as well as a period of losing a large amount of weight. I love to work with individuals of all different ages and find joy in meeting you where you are at in order to help you achieve your fitness goals.





YMCA OF NORTHWEST NORTH CAROLINA