

HOMETOWN

Walnut Cove, NC

EDUCATION

Bachelor's of Science -Wake Forest University, 2021 Master's of Biomedical Science -Wake Forest School of Medicine, 2024

CERTIFICATIONS

Personal Trainer—FiTour CPR and First Aid Certified

SPECIALTY

High-intensity interval training Aerobic conditioning Function strength training Core training

AVAILABILITY

Afternoons after 5:00pm - Mondays-Thursdays Afternoons after 1:00pm - Fridays Full availability Saturdays and Sundays

MOTTO

"You never have to be extreme, just consistent."

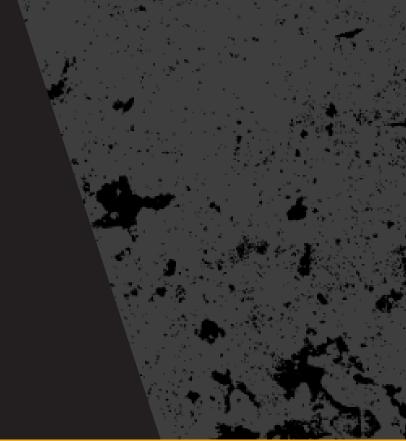
FAVORITE EXERCISE

Squat jumps/squat with heel raise

BIO

I've always had a love for fitness and improving one's self, whether that be physically, mentally or spiritually. Although I have only been a personal trainer at the YMCA since July 2022, exercise has been a huge component of my life for many years and years to come! I am very passionate about high intensity interval training (HIIT) as it is my favorite way to workout! My future goals include working in health care as a medical provider. I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background. I look forward to sharing in your fitness journey and am excited about helping you become more confident in your own exercise abilities!





YMCA OF NORTHWEST NORTH CAROLINA