

## **HOMETOWN**

Rancho Cucamonga, California but North Carolina is home

#### **EDUCATION**

**Business Administration** 

# **CERTIFICATIONS**

Personal Training and Cycle

## **SPECIALTY**

Motivating others and seeing results!

## **MOTTO**

We get to!

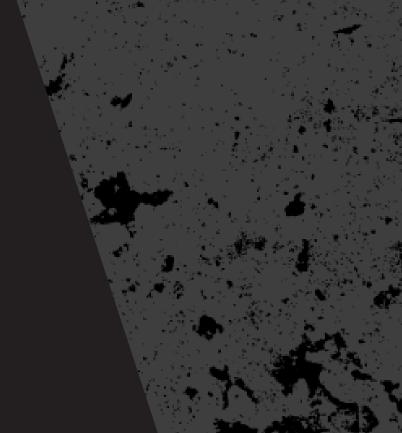
## **AVAILABILITY**

Early mornings, evenings and weekends

#### BIO

I haven't always loved fitness, I spent years having a love-hate relationship with it. But as I have aged, I have personally experienced the positive benefits of living a healthy lifestyle, being active, and having an exercise routine. One added bonus is the friends I have made along the way. We all start somewhere, don't let your mind get in the way.





YMCA OF NORTHWEST NORTH CAROLINA