

### **HOMETOWN**

Wellsville, NY

## **EDUCATION**

Wilkes Community College (Medical Assistant)

## **CERTIFICATIONS**

NASM Personal Trainer, PN L1 Nutrition Coach Health Coach/Life Coach - Buti Yoga Instructor / Senior fitness instructor

# **SPECIALTY**

Yoga, Strength, Mobility Weight Loss, Hormones

#### MOTTO

"Everything you ever wanted is on the Other side of Fear!"

# **FAVORITE EXERCISE**

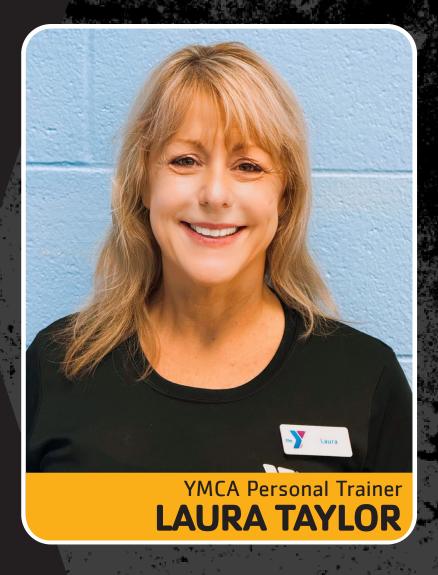
**Deadlifts** 

### **AVAILABILITY**

Mornings and afternoons, Monday, Wednesday and Thursday but I am flexible

## BIO

Growing up I was always overweight and yo-yo dieted a lot! I finally came to realize it was a mental change I had to do and a fulltime job. I became certified first as a Personal trainer in 2012 and started at the local YMCA in my hometown. I also ran a fitness center at the manufacturing plant where I worked as a buyer. During the next ten years I earned many certifications in group fitness classes and settled on Buti Yoga being my favorite until I recently started teaching Cardio Drumming.



We moved to Rural Hall in 2020, my husband's plant closed which was Siemens so he was able to transfer here. I took that time to certify as a Health and Life Coach which changed everything for me and increased my knowledge on how our minds work.

I joined the Y in 2022 and love this location in King and the members. I am now working at completing college to become a Medical Assistant and very excited to learn and help people outside the gym. I've trained many clients in person and virtual and as long as your goals are achievable and you are committed I will give you 100%. I look forward to working with you.