

**HOMETOWN**

Clemmons, North Carolina

**EDUCATION**

Rollins College - BA in Business Management

**CERTIFICATION**

National Academy of Sports Medicine  
Certified Personal Trainer  
Certified Nutrition Coach  
Corrective Exercise Specialist  
Performance Enhancement Specialist  
CPR

**SPECIALTY**

Corrective Exercise  
Performance Enhancement  
Sport Specific Training available upon request

**AVAILABILITY**

Jerry Long/Davie/Yadkin locations  
Monday through Thursday 5am to 9pm  
Fridays 5am to 8pm, Saturdays 8am to 1pm

**MOTTO**

"Never let anyone steal your dreams."

**FAVORITE EXERCISE**

Bosu Ball Squats

**BIO**

I've been involved in sports and fitness my whole life and played NCAA Division II lacrosse at a highly competitive level. Through that experience, I learned not only how to train for performance, but also how to adapt exercise to meet people where they are. I enjoy helping individuals of all ages build strength, improve mobility, prevent injury, and feel more confident in their daily movements to maintain independence. My goal is to help you create a sustainable fitness routine that supports your lifestyle and long-term health. Let's do this!



YMCA Personal Trainer  
**BROOKLYN FOX**