



**HOMETOWN**

Wilkes County, NC

**EDUCATION**

Associates in Business: WCC

**CERTIFICATIONS**

Personal Trainer, NASM

Certified Nutrition Coach, NASM

Cycle Instructor, SilverSneakers, TRX

**AVAILABILITY**

Varied mornings and throughout the day

**SPECIALTY**

Encouraging people to reach goals

**MOTTO**

If you don't like it, change it!

**FAVORITE EXERCISE**

ALL OF THEM!

**BIO**

I believe in the phrase "movement is medicine." I am passionate about helping others reach their goals, whether they are long term or short term. I'm excited to be a part of this team and help to contribute to a stronger, healthier community!



YMCA Personal Trainer

**CHRISTINA REINS**