



**ACCEPTING
NEW
CLIENTS**

HOMETOWN

Wichita, Kansas

CERTIFICATIONS

- BodyCombat
- Body Pump
- RPM
- Sprint
- GRIT

MOTTO

“The comeback is always greater than the setback.” Mike Sorrentino

FAVORITE EXERCISE

HIIT, Kickboxing and Cycle

BIO

I was born and raised in Kansas and moved to Winston-Salem in 2005. I have 4 children. I absolutely love fitness and helping people reach their fitness goals. The Jerry Long Family YMCA is like a second family to me. I believe that motivation and confidence is the key to any great workout. I’m excited to start this new journey.



YMCA Personal Trainer
ELAINE CHAVEZ