



## **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 KING**