



## **HOMETOWN**

Rochester, NY

## **EDUCATION**

B.A. Psychology,  
University of Rochester

## **CERTIFICATIONS**

AFAA Certified Personal Fitness Trainer  
TRX Group Suspension Training  
NSCAA National Coaching License

## **SPECIALTY**

Boot Camps  
Sport Specific Training  
Soccer Conditioning  
TRX Suspension Training

## **MOTTO**

Find a form of fitness you are passionate about. Exercise should be fun!

## **FAVORITE EXERCISE**

Soccer and Racquetball

## **AVAILABILITY**

Monday - Friday (8AM to 2PM)

## **BIO**

I was born and raised in Rochester, NY. I headed south seeking sunshine. Before moving to North Carolina, I was a college soccer coach and avid soccer player. Working as a trainer has allowed me to carry my passion for athletics and wellness into the fitness world. I live here in Clemmons with my husband, two children and two dogs.

