

**HOMETOWN**

Wilkesboro, NC

EDUCATION

B.A. in Communications from
The University of North Carolina at Chapel Hill

AVAILABILITY

Mornings, evenings, weekends

CERTIFICATIONS

NASM Certified Personal Trainer
Les Mills BodyPump Instructor
National Nutrition Program Certification

SPECIALTY

Personal Training

MOTTO

"The time will pass anyway"
(We often worry about the idea of being behind, this preconceived notion that it's "too late" to start something. This "quote" really stresses that we shouldn't be scared of how much time something will take, because that time will be passing regardless)

FAVORITE EXERCISE

Single Leg RDLs

BIO

I am a recent college graduate who developed a passion for fitness after discovering its transformative impact on my own life. I am dedicated to creating dynamic and inclusive fitness experiences tailored to all levels and goals. I specialize in designing workout routines that seamlessly blend cardio, strength training, and functional exercises to promote overall health and well-being.



YMCA Personal Trainer
KATIE HUBBARD