

# **HOMETOWN**

Syracuse, NY

### **CERTIFICATIONS**

ACE certified Personal Trainer 200 RYT Group Exercise Instructor Parkinson's Cycle Coach

#### **SPECIALTY**

**Functional Training** 

# **FAVORITE EXERCISE**

Planks

#### **MOTTO**

"If you want something you've never had, you must be willing to do something you've never done."

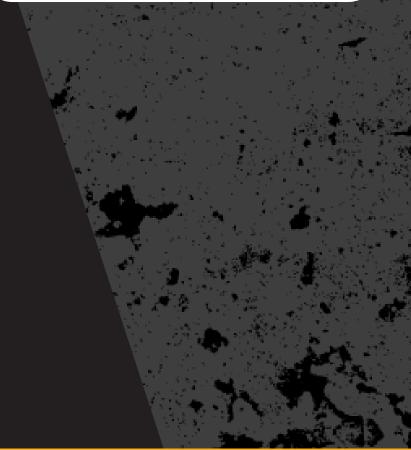
# **AVAILABILITY**

**Varies** 

#### BIO

I feel my happiest when helping others reach their goals. I believe that bringing the intelligence of our minds to combine with the compassion of our hearts, we will help mobilize our bodies towards all of our goals.





YMCA OF NORTHWEST NORTH CAROLINA