



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 Personal Trainer

ADRIENNE MARTINI