



HOMETOWN

Roanoke Rapids

CERTIFICATIONS

Cycle
Pilates
BodyAttack
Stability Ball
Y Personal Trainings
Silver Sneakers

SPECIALTY

Pushing clients to reach their goals

MOTTO

"Yes you can"

AVAILABILITY

Contact me

FAVORITE EXERCISE

Anything that challenges someone

BIO

I have worked in the Fitness Industry for over 25 years. I specialize in working with clients of all ages and abilities. My approach is rooted in the belief that fitness is for everyone, and I am dedicated to creating personalized programs that cater to individual goals and needs.

I've had the privilege of guiding children, seniors, and everyone in between, helping them achieve their fitness aspirations while fostering a positive and inclusive environment. Whether you're looking to improve your strength, enhance your mobility, or simply feel more energized, I'm here to support you every step of the way.



I continuously expand my knowledge through ongoing education in fitness and wellness. Together, we'll set realistic goals, track your progress, and celebrate your achievements.