

## **HOMETOWN**

Sacramento, CA

#### **EDUCATION**

Bachelor of Science - Business Marketing

#### **CERTIFICATIONS**

FitTour Primary Personal Trainer

## **SPECIALTY**

Motivation

# **FAVORITE EXERCISE**

**Dumbbell Bench Press** 

# **AVAILABILITY**

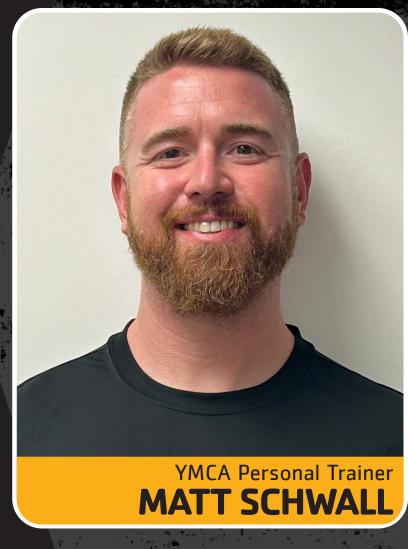
Weekday Evenings

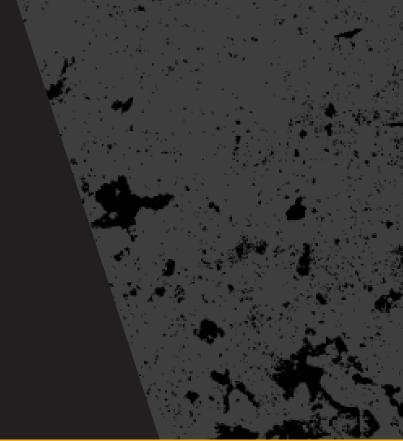
## **MOTTO**

"Small Steps, Big Results."

# BIO

I am an energetic person with a passion for fitness. I love to leverage my experience from my ownpersonal fitness journey he seeks to motivate others achieve their goals.





YMCA OF NORTHWEST NORTH CAROLINA