

### **HOMETOWN**

Sylvania, Ohio

#### **EDUCATION**

Miami University, BS WFU, MBA

### **CERTIFICATIONS**

ISSA Certified Personal Trainer ISSA Specialist in Strength and Conditioning Senior Fitness Certified Coach

## **SPECIALTY**

**Senior Fitness** 

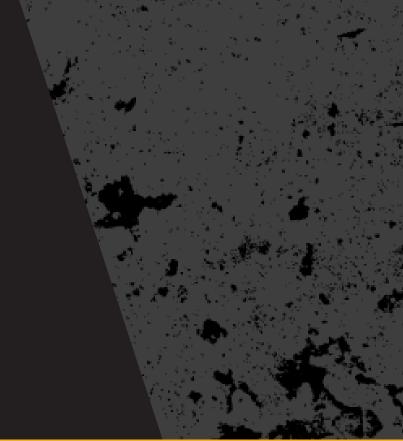
### **MOTTO**

Every day is a fresh start, embrace the adventure!

# BIO

Fitness has been a lifelong passion, encompassing group classes, one-on-one training, Bikram Hot Yoga, distance bike racing, and 5K events. My "happy place" is in the gym or outdoors, fully engaged in all things fitness. As a mother of three, fitness is a family affair. Together, we enjoy biking, hiking, running, yoga, weight training, and more. We motivate and support each other daily, and I bring that same encouragement and enthusiasm to my clients here at the YMCA. I am driven to help others achieve their goals. I earned my ISSA certification and have been inspired by the incredible individuals I've encountered at the YMCA. I cherish the YMCA community as a familylike environment and am especially drawn to working with senior fitness. The determination, persistence, resilience, and uplifting energy of the seniors here never cease to amaze mel





YMCA OF NORTHWEST NORTH CAROLINA