

**HOMETOWN**

Granbury, Texas

EDUCATION

BA in Public Health
University of South Carolina

CERTIFICATIONS

NASM - CPT, CNC
FiTour Personal Training

SPECIALTY

Functional Training
Injury Prevention
Nutrition Coaching
Sports Performance
Strength & Conditioning

MOTTO

God will take care of it!

FAVORITE EXERCISE

Split Jerk

BIO

I'm a Texas native that received a full-ride to play Indoor & Beach Volleyball at the University of South Carolina (Go Gamecocks!). After playing volleyball overseas, I married my college sweetheart and we settled down with our 2 German Shepherd's in the Winston-Salem area. I have a passion for helping others reach their fitness goals and prevent injuries while doing so. My goal for clients is to teach you the proper steps to reach your physical and mental health goals, while learning how to be self-sufficient in the long-term.



YMCA Personal Trainer
AUBREY EZELL