



HOMETOWN

Taylorsville, NC

CERTIFICATION

ISSA Personal Trainer Certified

SPECIALTY

Strategic body composition for women using science, strength training, and metabolic support

FAVORITE EXERCISE

Back exercises and Glute/leg exercises

MOTTO

Earn your confidence!!

AVAILABILITY

Mondays-Fridays 3:00-8:00pm
Saturdays 9:00am-5:00pm

BIO

Hello! My name is Brandy Walker. I've been a resident of Taylorsville since I was a little girl. I'm married and have two teenage boys. About five years ago, I fell in love with fitness and working out, and it quickly became a passion of mine. In November 2025, I joined the YMCA team, where I now teach three group exercise classes each week. I've recently taken the next step in my fitness journey by pursuing my personal training certification so I can continue to grow and better support others. I would love the opportunity to share what I've learned and help you feel confident again. Let's earn your confidence together!

