



HOMETOWN

Roanoke, VA

EDUCATION

Liberty University
Health Promotions/Kinesiology

CERTIFICATIONS

NASM- Personal Trainer, NASM-
Nutrition coach, Weight loss specialist

MOTTO

“Let food be thy medicine and
medicine be thy food.”

SPECIALTY

Functional training, Strength training,
Pickleball Coaching

FAVORITE EXERCISE

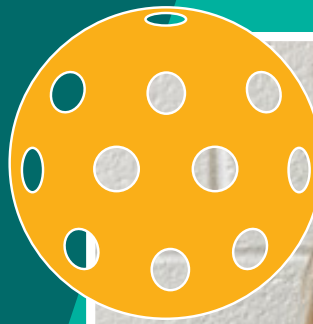
Romanian Deadlifts, Kettlebell swings,
Dead bugs, Pilates, Yoga

AVAILABILITY

Varies

BIO

I'm passionate about building meaningful relationships with my clients and helping them achieve lasting health through a whole-body approach to wellness. My approach to training is heavily based on my own struggles and success in my own journey. I believe fitness starts in the kitchen and extends far beyond the gym. I promote strength training, nutrition, recovery, and lifestyle habits that support long-term wellbeing.



Pickleball Coach/Personal Trainer

ALLISON OYON

Outside of coaching, I love spending time in the great outdoors with my husband. We enjoy hiking, playing pickleball together (I've been playing since 2019), traveling, and experimenting with new healthy whole-food recipes in the kitchen.

My goal is to help every client feel like they truly belong in the fitness community. I'm here to support you in adopting sustainable, life-changing habits that restore vitality, confidence, and strength or simply help you level up your game.