

**HOMETOWN**

Pilot Mountain, NC

EDUCATION

University of North Carolina at Chapel Hill
Bachelor of Science in Biology
and Exercise Science

SPECIALTY

Strength training
Hypertrophy
Interval training

AVAILABILITY

Mornings and afternoons,
as well as varied evenings and weekends.

MOTTO

Progress over perfection

FAVORITE EXERCISE

Pull-ups overall, but I love boxing for cardio!

BIO

After growing up in Pilot Mountain, I went on to attend UNC and earned my bachelor's degree in Biology and Exercise Science. While in Chapel Hill, I worked in both clinical research and personal training, serving a wide range of clients. I began working out when I was 14 and have loved it ever since. I've learned that exercise is a powerful tool for improving not only your physical health, but also your mental health. I specialize in developing programs targeted at building muscle and weight loss for all ages and experience levels. I like to create workouts that are effective, but also enjoyable! I believe that the more someone enjoys their exercise, the more likely they are to make it a permanent part of their routine.



YMCA Personal Trainer
ETHAN GRICE