

**HOMETOWN**

Germanton, NC

CERTIFICATION

Primary Personal Trainer,
Y-HSI Basic Life Support/First Aid/O2 BL

SPECIALTY

Weightlifting

FAVORITE EXERCISE

Lat Pulldown

MOTTO

2 Timothy 2:22 "Run from anything that stimulates youthful lusts. Instead pursue righteousness, faithfulness, love, and peace. Enjoy the companionship of those who call upon the Lord with a pure heart."

AVAILABILITY

3-5 p.m. Monday, Wednesday, Friday
8 a.m.-6 p.m. Saturday (Times may vary)

BIO

Born and raised in West Virginia, I moved to North Carolina when I was thirteen. I'm actively pursuing an undergraduate in Exercise Science and eventually a Doctorate in Physical Therapy. I fell in love with the gym during my weightloss journey and have not looked back since. Now, I love helping others achieve their goals as they pursue both muscle growth and weight loss.

