

**HOMETOWN**

Philadelphia, PA

EDUCATION

M.A. in Counseling Psychology,
Immaculata University
B.S. in Psychology,
Philadelphia College of Textiles & Science

CERTIFICATION

ACE Certified Personal Trainer
ACE Certified Group Fitness Instructor

AVAILABILITY

Mornings and Afternoons

FAVORITE EXERCISE

Squats and Calf Raises

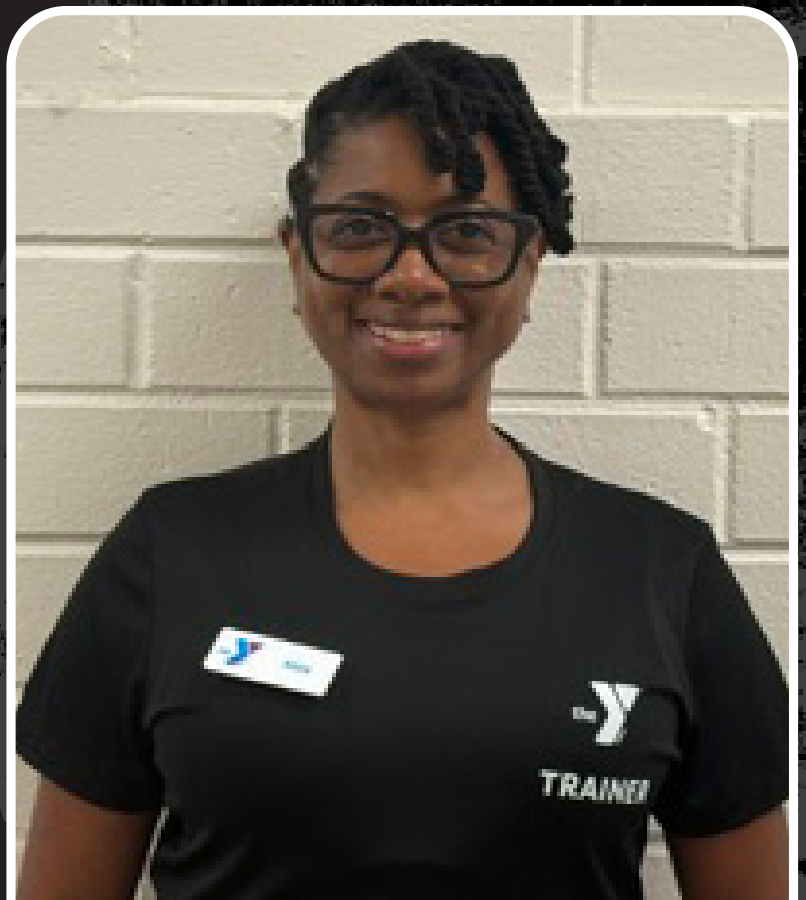
MOTTO

Move because you matter.

BIO

Movement has always been how I express myself. I've been dancing for more than 40 years, beginning with ballet and tap, and later teaching dance and dance fitness classes. When injuries made doing those things difficult, physical therapy showed me how strength, stability, and alignment could support my body, and that understanding reshaped how I think about training.

As I was rebuilding my own strength, I noticed how many dedicated, incredibly talented dancers were asking so much of their bodies. It made me curious about how we could use strength and conditioning to help us meet those demands in a sustainable way. Our bodies have to carry us through every stage of life, not just the years we spend performing. That's what led me to personal training – a way to help people stay capable, wherever they are on their journey.



YMCA Personal Trainer
ALIZA CUNNINGHAM

I believe training should help you do more of what you love. That might mean keeping up with children or grandchildren, dancing with friends, meeting the demands of an active job, or moving through everyday life with greater ease. My hope is to make your time here your own – a chance to focus on yourself, work toward what matters to you, and leave you feeling accomplished and uplifted.