

**HOMETOWN**

Clemmons, NC

EDUCATION

B.S. Community and Therapeutic Recreation
University of North Carolina Greensboro

CERTIFICATION

NASM Certified Personal Trainer

AVAILABILITY

Monday, Wednesday, Friday 8:00am-12:00pm
Any day of the week 4:00-8:00pm

FAVORITE EXERCISE

Kettlebell swings, lunge circuit and push ups

SPECIALTIES

Functional fitness, strength training,
bodyweight exercises, balance & flexibility

BIO

I was born and raised in Clemmons and now raise my two daughters here. Growing up, I was an avid swimmer and soccer player. In 2015, I started lifting weights and fell in love with the feeling of being strong. My new love for strength training and my coursework in Nutrition and Dietetics at UNC Greensboro shaped my passion for healthy living and desire to share that with others. Fitness has interwoven into my life through recovery from major surgeries, pregnancy, postpartum and I have enjoyed the challenge of applying my strength physically and mentally to life's adversities. My goal is to help people build greater strength, mobility, and improve their mental health inside and outside of the gym. When I'm not lifting weights, I enjoy practicing yoga, thrifting, hiking, and doing crafts with my girls.



YMCA Personal Trainer
PEYTON GRIFFIN