

**HOMETOWN**

Advance, NC

EDUCATION

Exercise Science
UNC-Charlotte

CERTIFICATIONS

ACE Personal Trainer

SPECIALTY

Strength Training
Functional Fitness
Athletic Conditioning
Core

AVAILABILITY

Wednesdays/Thursdays
All day

MOTTO

Carpe Diem!

FAVORITE EXERCISE

Squat, Shoulder Tap Planks, and Box Jumps

BIO

I've been constantly active in exercise/weight lifting for the past 14 years. It will always be a part of my life. Exercise not only improves your health and physical appearance but also your mental health. Everyone should incorporate exercise into their lives. I'm here to help you achieve the best version of yourself and make it enjoyable!

