



HOMETOWN

Winston Salem, NC

EDUCATION

B.S. in Health Fitness Specialist
East Carolina University

CERTIFICATIONS

Personal Trainer - ISSA
Exercise Therapy- ISSA

SPECIALTY

Speed and Agility Training
Strength Training

AVAILABILITY

Mornings, afternoons, and Saturdays

MOTTO

"The process is more important
than the product."

FAVORITE EXERCISE

Bench Press, Squats, and Running

BIO

Growing up, I constantly would research drills and exercises to become a better athlete. As I got older, I became a fitness enthusiast and developed a passion for enhancing wellness in the global community. As a Personal Trainer, I care deeply about my clients, and there is nothing of more value to me than helping somebody go through an experience that brings them joy and confidence. It's a pleasure to be a part of the YMCA, and I look forward to helping you in your fitness journey.

