



EDUCATION

BS in Business Admin.
MBA, Appalachian State University

CERTIFICATIONS

Personal Trainer FiTour
Kettlebell
Moving for Better Balance
LIVESTRONG® at the YMCA
TRX

SPECIALTY

Balance and Fall Prevention
Core Strength

MOTTO

The Joy of the Lord is my Strength

SPIRITUAL GIFTS

Encouragement and Teaching

BIO

When my children were toddlers I discovered a love for group exercise. Ten years later, I thoroughly enjoy teaching teens and adults of all ages and fitness levels.

I love meeting new people, discovering what their goals are, and building an effective, fun and safe fitness plan for each person. It's awesome witnessing my clients celebrate each success, and watching them move forward and set new goals.

I truly enjoy motivating and coaching others.

