



HOMETOWN

Clemmons, NC

EDUCATION

BA Political Science,
North Carolina State University

CERTIFICATIONS

Personal Training- Fitour
Group Exercise Instructor
Les Mills - GRIT and BODYPUMP

SPECIALTY

Functional Strength
Bodyweight Conditioning
HIIT
Plyometric/Agility Training
Beginner Fitness for Women

MOTTO

Whatever your physical fitness goals may be, just make sure you are doing it for your self. Self care is self love.

FAVORITE EXERCISE

Any shoulder/arm exercises
Lunge/squat variations

AVAILABILITY

Mornings and evenings

BIO

I have been a frequent member of Jerry Long YMCA since 1995, the most recently in 2016 when I moved to Lewisville. After the birth of my son, I rejoined the Y to have a little "me time" and the free childcare. I ended up staying for the community and the rock star classes!



YMCA Personal Trainer

EMILY LIBRANDI

Fast forward a bit and I joined those instructors and fell in love with the teaching aspect of group fitness. Nothing makes you want to get fit more than being the motivation for other people to find their best selves!