

# **HOMETOWN**

Winston-Salem, North Carolina

# **EDUCATION**

Wake Forest University

# **CERTIFICATIONS**

ACE Certified Personal Trainer Group Exercise Instructor Indoor Cycle Instructor

# **MOTTO**

Making and achieving small goals will lead to greater success.

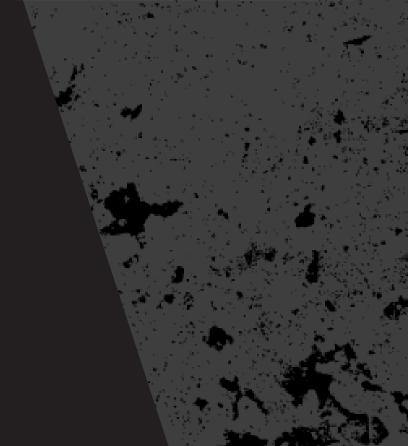
# **FAVORITE EXERCISE**

Squats and Push-ups

#### BIO

I am a graduate of Wake Forest University and have been active my entire life. I believe being healthy is not necessarily the numbers you may see on the scale, but how you feel about your body. While I am a self-motivated person, I realize that many people need that extra push or accountability. I have experience in weight training and full body conditioning and LOVE being creative in workout designs. I am excited to be a personal trainer at the Robinhood Road Family YMCA so that I can share my excitement and knowledge about exercise.





YMCA OF NORTHWEST NORTH CAROLINA