

HOMETOWN

Rochester, NY

EDUCATION

B.A. Psychology, University of Rochester

CERTIFICATIONS

AFAA Certified Personal Fitness Trainer TRX Group Suspension Training NSCAA National Coaching License

SPECIALTY

Boot Camps
Sport Specific Training
Soccer Conditioning
TRX Suspension Training

MOTTO

Find a form of fitness you are passionate about. Exercise should be fun!

FAVORITE EXERCISE

Soccer and Racquetball

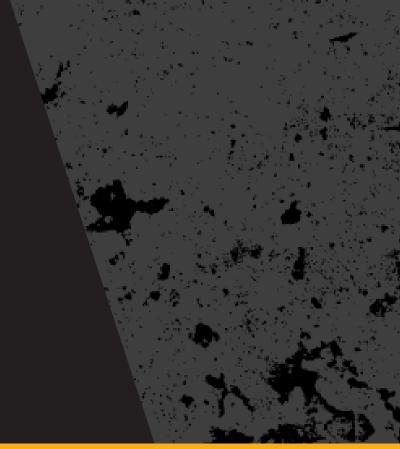
AVAILABILITY

Monday - Friday (8AM to 2PM)

BIO

I was born and raised in Rochester, NY. I headed south seeking sunshine. Before moving to North Carolina, I was a college soccer coach and avid soccer player. Working as a trainer has allowed me to carry my passion for athletics and wellness into the fitness world. I live here in Clemmons with my husband, two children and two dogs.





YMCA OF NORTHWEST NORTH CAROLINA