

HOMETOWN

Cleveland, Ohio

EDUCATION

Cleveland State University Environmental Science, B.S in Geology

CERTIFICATIONS

American Council on Excercise ASHI: CPR, AED, Oxygen, First Aid, Weight Management Specialist, Sports Performance Specialist, Precor Coaching - Queenax Small Group Program Design

CLASSES & BOOT CAMPS

Cross-Training

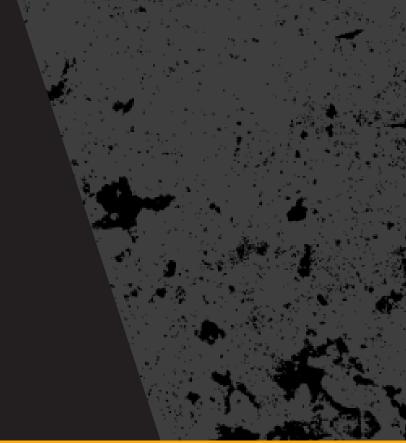
MOTTO

Your Body Can Stand Almost Anything. It's your mind that you have to convince. You are stronger than you think.

FAVORITE EXERCISE

Deadlifts and sprint intervals





YMCA OF NORTHWEST NORTH CAROLINA