

**HOMETOWN**

Lynchburg, VA

EDUCATION

Winthrop University,
B.S. in Physical Education

CERTIFICATIONS

ACSM Certified Personal Trainer

SPECIALTY

Strength training
Functional fitness

AVAILABILITY

Weekday mornings

FAVORITE EXERCISE

Lunges, Step Ups, Core, Running Intervals

BIO

I have been involved with fitness and sports since I was a child. My dad is a football coach and I ended up spending a lot of time in the weight room. I grew up playing soccer, basketball, and running track. Then I went on to play D1 soccer and graduated with a physical education degree. I taught and coached on the middle school level before moving to Winston-Salem. After having my son, I turned to personal training because I missed teaching/coaching and helping others accomplish their goals. I've had the privilege of working with people from all age groups and ways of life. I love getting to know my clients, developing programs specifically for them, and watching them improve physically, mentally and emotionally. I'm excited to be back at the Robinhood Road Family YMCA and I'm looking forward to working with you!



YMCA Personal Trainer
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