

**Fitness
Philosophy**

Fitness is more than just working to look good! It's also about working to get healthy, strong and being your best version of yourself. I would love to help you on that journey!

**Areas of
Expertise and
Interest**

Expertise:

- Mind Body related fitness such as Pilates and Barre
- Posture
- Toning and Strengthening
- Core Strength

Fitness Interest:

- Helping clients reach their fitness goals
- Pilates and Barre exercises
- Toning and Strengthening
- Innovative work outs
- Creating fun yet challenging work outs

**Education and
Certification(s)**

- ACE Group Exercise Certified (June 2015)
- ACE Personal Trainer Certified (July 2019)
- Barre Intensity Certified (May 2016)
- Lotus Pilates Certification, 600+ hours. Proficient in Cadillac, Chair, Ladder Barrel, Mat, Reformer and Tower (November 2016)
- TRX Suspension Training Course Certified (November 2016)
- STOTT Pilates Certified Level One. Proficient in Cadillac, Chair, Ladder Barrel Mat, Reformer and Tower (June 2018)
- CPR/AED and First Aid Certified