



INTRODUCING

Anne-Marie Harcrow

Fitness Coordinator



Entering the fitness field from a psychology background with a research focus on satisfaction with life and psychological wellbeing, I take a holistic approach to wellness. I believe in finding joy in movement and doing things that bring us happiness. Fitness shouldn't be a chore nor feel like punishment; rather, physical activity should be something that we enjoy so we want to keep doing it. I'm particularly drawn to yoga for this reason; on my mat is where I get to embrace the playfulness of childhood. Fitness can also be an excellent way of connecting with others: One of the biggest strengths I see in group fitness is the comradery and social support of participants encouraging one another while friendships are being formed. Meanwhile personal training can help empower you and put you on an individualized path to reach your fitness goals. As Fitness Coordinator, I am privileged to work alongside of a team of fitness professionals who bring years of experience, a wealth of knowledge, and a whole lot of excitement to our fitness program. All of us are here to help you and we look forward to seeing you at our fitness centers. Get your fitness on and find your happy!

EDUCATION & CERTIFICATIONS

- BA, Psychology, Texas State University, San Marcos, Texas
- MA, Political Science, Texas State University, San Marcos, Texas
- MA, Psychology, Fayetteville State University, Fayetteville, North Carolina
- National Academy of Sports Medicine (NASM) - Certified Personal Trainer
- National Academy of Sports Medicine (NASM) - Corrective Exercise Specialist
- National Academy of Sports Medicine (NASM) - Behavior Change Specialist
- National Academy of Sports Medicine (NASM) - Certified Nutrition Coach
- National Academy of Sports Medicine (NASM) - Women's Fitness Specialist
- Mad Dogg Athletics - Certified Spinning® Instructor
- Mad Dogg Athletics - Certified Rockstar Spinning® Instructor
- Yoga Alliance 200 Registered Yoga Teacher
- Mindfulness & Meditation Teacher

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