Certificates:

Group Exercise Leadership

Personal Trainer

Sports Yoga

Continuing education certificates:

Dynamic stretching

Flexibility Assessment

Fitness for Children

Weight Management

Nutrition

Exercise Anatomy

Injury Prevention ( spine)

I’ve been teaching various group exercise classes for the past 15 years that include:

Step

Low Impact

Cardio Kickboxing.

I also substituted for Bosu and weight class

At Patch Fitness Center I`m currently teaching

Step and power Step

My Philosophy about fitness:

I believe fitness is a lifestyle that everyone should embrace in their daily routine.

By incorporating into your lifestyle the benefits are overwhelming positive. Fitness promotes health,

 assist in our ability to move and increases our flexibility.

 I believe it is important to set reachable goals and attain those goals through consistency.

 If I can just help one person reach their fitness goals, I believe I’ve succeeded.