

# Silvia Simona Carr

**Patch/Panzer/Kelley: Personal Trainer/Group Fitness Instructor**



## Philosophy

Growing up in Romania, the daughter of a professional soccer coach and a sister of a soccer referee, I quickly developed a passion for sport and fitness. I attended numerous training sessions and soccer games with my father doing everything from setting up the field for practice, attending to injured players, and helping my father develop winning plays. My brother taught me the rules, laws, and fundamentals of proper sports ethics which at an early age I mastered my sporting and fitness abilities. I later decided to play handball, and had a long handball career. My sports career path changed and I added step aerobics and cycle to my sports portfolio. I have taught sports enthusiasm for all ages and believe life is too short not to be fit. My time is your gain, so let's release your inner athlete together.

## Experience

**Spin Instructor, USA**

**Professional Handball, Romania**

**Circuit Training, Germany**

## Current Certifications

**Certified Personal Trainer—National Fitness Professionals Association**

**CPR/AED/FA**