



INTRODUCING

Anna Sims
Personal Trainer
Group Fitness Instructor



I've been active my whole life and have always loved how movement and fitness build both physical and mental strength. I began my journey as a trainer in 2017 with a passion for helping people feel stronger, more confident, and more capable in their everyday lives. I place a strong emphasis on strength training to help people build resilience, improve performance, and feel empowered in their bodies. As a mom of three, I understand how busy life can be and how easy it is to put your own health last.

My goal is to create a supportive environment where people can prioritize their fitness, discover their strength, and become the healthiest, most confident version of themselves.

EDUCATION & CERTIFICATIONS

- NASM Certified Personal Trainer
- NASM Group Fitness Specialist
- Cycle Instructor
- Associate of Science in Kinesiology

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

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