



**INTRODUCING**

**Anais Llanos**

**Personal Trainer &  
Group Exercise Instructor**



After facing the great cost of unhealthy behaviors and body fat gain I started my journey to sustainable changes to gain back my health and confidence. This fueled my passion to educate both myself and others, while inspiring me to specialize in body fat loss and strength for busy women. I blend science-backed training with specialized strategies to navigate your hectic lifestyle and craft a training experience that fits seamlessly into your routine. Let's transform your lifestyle together and unveil the confident, healthy you!

## **EDUCATION & CERTIFICATIONS**

- American Council on Exercise (ACE) – Certified Personal Trainer
- American Council on Exercise (ACE) – Certified Health Coach
- American Council on Exercise (ACE) – Group Fitness Instructor
- Girls Gone Strong – Women's Coaching Specialist Certification (GGS-1)
- The Biomechanics Method – Specialist in Corrective Exercise
- Certified Zumba®, STRONG Nation™, and Zumba Kids® Instructor

**Stuttgart Sports & Fitness**

**Panzer - Patch - Kelley - Robinson**

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