



Mari
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

Movement is something we do every day so finding the type that is enjoyable and sustainable is a lifelong journey and changes within the seasons of our life. Physical exercise is also just one part of wellness. I love to inspire and educate people to find joy in both movement and stillness (mindfulness/meditation), connecting our physical, mental and emotional well-being.

AREAS OF SPECIALTY

- Traveling
- Hiking and being outside in nature
- Playing and watching sports
- Theatre

INTERESTS & HOBBIES

- Traveling
- Hiking and being outside in nature
- Playing and watching sports
- Theatre

EDUCATION/CERTIFICATES

- BA, Exercise Science
- Personal Trainer (ACE)
- 200-hour yoga
- 500-hour Pilates
- Nutrition
- Group exercise instructor (AFAA/NASM)
- Les Mills (BODYPUMP, BODYCOMBAT, CORE, TONE, BALANCE, SPRINT, GRIT and BODYSTEP)
- TRX

