



Niki

PERSONAL TRAINER

Let's Map Your Fitness Strategy!

AREAS OF SPECIALTY

- Personal training
- Individualized fitness plan development
- SMART goal development
- Sports performance
- Aquatics
- Extensive experience with teens and individuals with disabilities

EDUCATION/CERTIFICATES

- BS, Exercise Sport Science: University of Wisconsin-La Crosse
- Physical Education Teaching
- Adapted Physical Education Teaching
- Health Education Teaching
- Zumba Fitness Level 1
- Yoga

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

