



Tessa
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I believe exercise should be accessible to everyone and that everyone should have the opportunity to reap the rewards of a healthy lifestyle.

AREAS OF SPECIALTY

- Strength training
- Kickboxing
- HIIT
- Weights for women

AREAS OF SPECIALTY

- Rock climbing
- Winter skiing
- Reading
- Crafting
- Traveling

EDUCATION/CERTIFICATES

- B.S. in Exercise Science
- Masters of Public Health (MPH)
- ACSM Certified Personal Trainer
- ISSA certified kickboxing instructor

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

