



Heather
PERSONAL TRAINER



Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I believe that regular activity is the key to a long and happy life, but we are all at different places on our fitness journey, so don't compare yourself to someone else. I want to focus on YOU, on what YOU can do, and on what YOU enjoy. Then we will build on your successes. And if I can make you smile along the way, even better.

AREAS OF SPECIALTY

- Functional training
- Pre/post natal
- Injury prevention and rehabilitation

INTERESTS & HOBBIES

- Reading and crocheting are my favorite ways to unwind at the end of the day
- Dancing (and singing) to music
- Playing in a flute choir

EDUCATION/CERTIFICATES

- BACE Certified Personal Trainer
- Certified Instructor for BODYPUMP, LES MILLS CORE and BODYCOMBAT

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

