

BIO >>>

While everyone is given the gift of life, only some are wise enough to enrich their life with the diversities and uniqueness within and around themselves. Exercise gives us a chance to express our individuality and uniqueness in a positive way.

As a former collegiate athlete and dancer, I am able to train my clients on how to adapt to any style of training, allowing them to BE EFFICIENT at them all.

I specialize in sports rhythm and coordination and love all levels of training!!

CERTIFICATIONS >>>

AA 2 Year Dancer Teacher Certified
AFAA Personal Trainer Certified
AFAA Practical Pilates Certified
SCW Zumba Certified Level 1
G.E.A.R. Indoor Spin Certified
CPR/AED Certified

EXPERIENCE >>>

Group and Private
Rhythm/ Coordination
Toning/ Weight loss
Strength/ Endurance
Muscle Definition
Aerobic Weight Lifting
TRX Suspension Training
Pilates – Mat, Springboard, Reformer,
Prenatal Pilates
Jazz Dance, Contemporary Dance,
Modern Dance & Ballet



DEATRA



WEST SACRAMENTO
RECREATION
CENTER