

# PERSONAL

# TRAINER

As a Mom of 4 and a lifelong fitness enthusiast, I know what a challenge it is to keep all things in balance. Outside of work, I have a passion for Road Cycling, Swimming, Strength Training, and Pilates.

I enjoy training pre/post natal, older adult, and sport performance and women's strength clients. Together, we can find what works best for you and meet your fitness goals in a balanced way.

Whether starting new or needing help to reach that big goal, I am here to help you. It is a shame to go through life without knowing what your body is fully capable of!!



## Stacy

**CREDENTIALS:**

FA Personal Fitness Trainer  
FA Older Adult Specialty  
FA Pre/Post Natal Specialty  
NCCP Community Swim Coach  
Alzheimer Society Minds in Motion

**EDUCATION:**

Bachelors of Business Administration

**TRAINING LOCATIONS:**

Clareview  
Commonwealth  
Terwillegar