

# Michelle B.



## About Me

- FITNESS IS STILL THE BEST MEDICINE AND IT'S FOR EVERY BODY - every age, every shape, and every fitness level! No matter where you are on your journey to health and wellness, it's never too late to chart a path to reach your short and long term goals for quality of life. My goal will be to create a fun, challenging and *sustainable* program to fit your specific goals and to support and motivate you one step at a time. Make yourself a priority this year. Invest in yourself and reap the benefits!

## Specialties & Experience

- 15+ years of Personal Training, Group Exercise
- Strength Training & Toning
- Functional Fitness, HIIT, Circuit Training
- Nutrition & Weight Management



## Education

- Virginia Tech - B.S.
- National University of Singapore – M.S.

## Certifications

- Personal Trainer – ACE
- Mind Body Certification – ACE
- Group Exercise Instructor – ACE

## AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-11:30am	6-11:30am	6-10:00am	6-11:30am	X	10:30-12:30pm	X
4:30-7:30pm	X	4:00-6:00pm	X	X	X	X