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**BETTER TOGETHER
FITNESS**
PRIVATE PERSONAL TRAINING STUDIO

Credentials:

- Master of Science in Kinesiology / Exercise Science from California University of Pennsylvania
- Bachelor of Science in Kinesiology / Exercise Science from Towson University
- 23+ years of fitness training experience
- Certified Exercise Physiologist (EP-C) - American College of Sports Medicine (ACSM)
- Corrective Exercise Specialist (CES) - National Academy of Sports Medicine (NASM)
- Performance Enhancement Specialist (PES) - National Academy of Sports Medicine (NASM)
- Golf Fitness Specialist (GFS) - National Academy of Sports Medicine (NASM)
- Fitness Nutrition Specialist (FNS) - National Academy of Sports Medicine (NASM)
- Weight Management Specialist (WM) – American Council on Exercise (ACE)
- Specialist in Speed and Explosion Training - National Association of Speed and Explosion (NASE)
- Senior Training Specialist - TRX
- Certified in CPR and Basic First Aid
- 1999 EAS Body for Life Transformation Contest Winner
- Professional Member of Association of Fitness Studios (AFS) (since 2015)
- Professional Member of IDEA Health & Fitness Association (since 2008)
- Attendee of IDEA Personal Trainer Institute 2009, 2010, 2011, 2012, 2013 in Alexandria, VA and IDEA World Fitness Conference 2011 (Los Angeles, CA) and 2012 (San Diego, CA)
 - Each seminar provided over 30-40 hours of intense, cutting edge continuing education sessions provided by fitness industry leaders (small sampling of examples below)
 - Functional TRX Training in person with Fraser Quelch
 - Fraser is the Head of Training and Development for TRX and is the lead educator of the revolutionary TRX Suspension Training Program
 - Trigger Point Therapy Training in person with Cassidy Phillips
 - Cassidy is the founder, as well as the product developer and program creator for Trigger Point (one of the premier mobility tool/methods on the market)
 - Corrective Exercise Training in person with Justin Price
 - Justin is the creator of the BioMechanics Method, and one of the top musculoskeletal assessment and corrective exercise experts in the world