

STRONGER TOGETHER

Meet our Certified Trainers

Our professional trainers will create a personalized exercise program designed to meet your needs and goals, while maximizing your workouts by teaching you proper form.

The trainers will use a variety of activities and exercises to keep you motivated and engaged. Our trainers can help you with weight loss, strength training, injury prevention, post-rehabilitation, nutrition, and more.

Your first session will include a free 15 - 20 minute assessment to discuss goals and any specific injuries you may have.



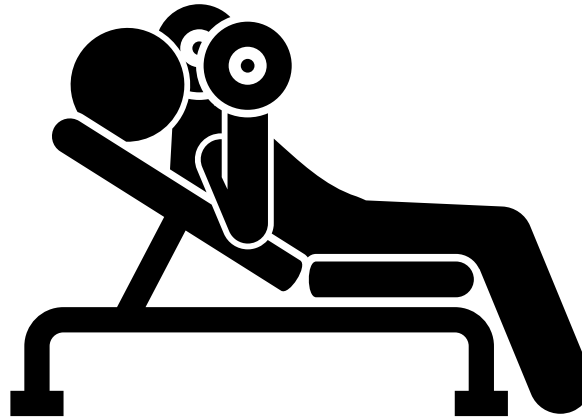
Lara Davis Barnett

Lara is a NASM Certified Personal Trainer, Group Ex & Yoga Instructor, with Perinatal and Fitness Nutrition specializations.



Daniel Matthews

Daniel is a NASM Certified Personal Trainer & Group Ex instructor. He specializes in working with teenagers, functional fitness, and strength.



Abby Clester

Abby is an ISSA Certified Personal Trainer, Group Ex and Yoga Instructor, with a specialization in Pre and Post Natal fitness.

Melissa Swanson

Melissa is an ISSA Certified Personal Trainer, as well as a Group Ex and Cycling Instructor.

