



Qualifications:

- NASM Certified Personal Trainer
- NASM Group Fitness Certified
- CPR/ AED Certified

Specialty Areas:

- Strength Based training
- Body Building/ physique training
- Athletic Performance training/ HIIT
- Circuit Training
- Functional Fitness
- Weight loss and Behavioral Change

Trainer: Valerie Mills



Philosophy – Fitness/ Life

“Built by faith, Fueled by discipline”

The effort you put in to do one thing is a direct representation of how you will do all things.

The work no one sees is the work that changes you the most. Quiet effort, private pain, unshakable purpose.