

HI! I'M CELESTE

CERTIFIED FITNESS TRAINER

TRAINING SPECIALTY

Weight Training
Resistance Band Work
Booty Building
Injury Prevention
Weight Loss



EDUCATION & CERTIFICATION

- National Academy of Sports Medicine- Personal Trainer
- Strength training Certification
- CPR & AED Certified

I have been training clients for nearly 7 years and during that time i have refined my fitness strategy to provide the best results, but more importantly, to do so while having fun.

I have trained both young and adult athletes, targeting their best needs for their sport. I have worked with injured athletes, during and post recovery, helping them achieve a quicker and stronger comeback.

I help people feel better, all ages! no matter your age, your condition, etc. I am very passionate in helping and showing others what their bodies are capable of doing with hard work.

It's my ultimate goal to help you reach a happy well - balance lifestyle that will help you minimize future health related issues.

" Whatever the mind can conceive and believe, it can achieve" - Napoleon Hill