



Mary Duke Smith

Mary Duke is a Certified Personal Trainer through the National Academy of Sports Medicine since 2008 and has completed continuing education in specialty areas including Functional Range Conditioning (FRC), TRX Suspension Training, TRX Rip Training, Real Ryder Indoor Cycling, StrongFirst Kettlebell Technique, Integrated Flexibility, Bodyweight Training (Animal Flow, MovNat), and Olympic Weightlifting (USAW- L1).

Her experience prior to becoming a Personal trainer has included almost 20 years of Ropes Challenge Course Facilitation, Adventure-based Education and Self-Defense Instruction along with approximately 10 years of Clinical Social Work and Health Education. Mary Duke holds a Bachelors Degree in Psychology from Wesleyan University and a Masters in Social Work from the University of Maryland.

Mary Duke's clients include those that have functional goals such as staying active in their sport or outdoor pursuits and keeping up with their children and grandchildren. She also enjoys working with clients that want to learn how to work out safely and effectively so that they feel confident in working out independently.

Hours Available to Train:

Mondays & Thursdays 1 - 6:00 , Tuesdays & Fridays 10 - 4:00 and Saturday 2 - 5:00