

# Personal Trainer

## Susan Groves

### Education & Certifications

- ◆ National Exercise and Sports Trainers Association (NESTA)  
- Certified Personal Trainer
- ◆ Spencers Institute - Certified Lifestyle Fitness Coach
- ◆ Penn Foster - Certified Physical Therapy Aide

### Area of Expertise

- ◆ Fitness for all ages
- ◆ Lifestyle Changes
- ◆ Holistic coaching
- ◆ Nutrition and weight loss

### Personal Philosophy:

**“What the mind can conceive and believe, the body can achieve”**



Experience Friendly. Fun. Fitness

