

PERSONAL TRAINER

NANCY PARKS

EDUCATION/CERTIFICATIONS

Certified Personal Trainer - Athletics and Fitness Association of America

Certified Group Fitness Instructor - Athletics and Fitness Association of America

Certified Senior Fitness Specialist - National Academy of Sports Medicine

Level II SpinPower® Instructor - Spinning®

CPR/AED Certified



SPECIALTY TRAINING

Strength and Conditioning

Bootcamp

Circuit Training

Functional Training

Small Group Training