

Personal Trainer

Senada Flack



Education:

AFAA Certified Personal Trainer
AFAA Primary Group Exercise
NASM Fitness Nutrition Specialist
StrongFirst Kettlebell Level 2
Ground Force Movement Instructor
TRX Certified Instructor
AFAA G.E.A.R Cycling
AFAA Yoga Levels 1 & 2
CPR/AED Certified

Specialties:

Strength Training
Behavior, Nutrition & Weight
Management
Kettlebell Functional Training &
Coaching
Special Population Coaching

Experience/Training Philosophy:

Determined Fitness and Nutrition Professional with almost 10 years of hands-on experience. Dedicated in all aspects of health and wellness with a philosophy in personal and client improvement.

I believe that fitness is achievable for all ages, genders, backgrounds and abilities. My philosophy is to help each individual attain their goals and to improve their lifestyle, strength, nutrition and overall health, fitness and wellness.

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