



ALLISON

About Me:

I am a certified personal trainer at the YMCA Raritan Valley with over 10 years of experience helping those of all ages live a healthy lifestyle. My passion in life is to help others achieve their fitness goals. I enjoy connecting with our members through a variety of exercises that increase balance, strength, and flexibility such as cycling, step classes, and total body work out classes with 70's music! I love to take walks on the beach, spend time with my family, read, and do yoga. My goal is to continue to help our members stay strong and active!

Certifications

Group Exercise

Personal Training

Spin

CPR/AED Certified

