



IVY WOODY

Certifications and Education:

- **NASM Certified Personal Trainer**
- **NASM Certified Nutrition Coach**

Why I Do What I Do:

Since I was young I have always been passionate about fitness, getting stronger, and being healthy. Over the years I have learned that my biggest goal is to help the people around me reach their fitness and nutrition goals. While doing this it has allowed me to build many relationships with my clients. I love being able to be a coach and a friend

Training Philosophy:

My main goal for my clients is to have good form and fun! Making the gym a priority isn't always easy but when you make it enjoyable it can be. It is important to have good form to prevent injuries. Being able to properly do the basic moves allows us to do more challenging and fun moves.

Specialty:

Throughout the years I have trained people from all different ages and fitness levels. Regardless of age or fitness level I can create workouts to tend to clients needs and any modifications that may be necessary.

A Little About Me:

If I am not working out you can most likely find me at home cuddled up on the couch with my pets watching a scary movie. If I'm not doing either of those things I am probably hanging out with my nephews.