

# PERSONAL TRAINER

My fitness journey started back in the fall of 2006 as an ex-smoker and someone looking to lose weight.

Crazy as it sounds I started my journey actually learning how to run. Thus far I have enjoyed a multitude of distances from 5km to completing 100 miles from road running, trail running, mountain running and even obstacle runs.

This led into becoming a fitness instructor in which I instruct a various array of classes from resistance to spin to yoga. Personal Training was just the next step.

I feel that my personality best suits someone looking into becoming a stronger runner, beginner triathlete, a beginner, weight loss clients or you are someone that has been newly diagnosed, in your journey or a breast cancer survivor.



## Monique

### CREDENTIALS:

- YMCA Personal Trainer
- YMCA Instructor Resistance & Spin
- Anahata & Prana Yoga Instructor

### TRAINING LOCATIONS:

- Terwillegar