

GROUP FITNESS



Teacher Feature



Heather Edwards, CPT

Education:

I have an A.A. in Liberal Arts, in Fire Science and a B.A. in Communications & Advertising with Copy/Creative emphasis.

Certifications:

I am a

- Certified Personal Trainer,
- TRX Suspension Trainer,
- Power Plate Trainer,
- Kettlebell Instructor,
- Special Populations Instructor (individuals with obesity/joint/health problems)
- Triathlon and Running Coach
- Group Fitness Instructor
- CPR/AED Certified

Training Philosophy:

My personal training programs are built from optimum performance-enhancing exercises that improve both strength and stability by concentrating on technique and functional movement. These workouts are for everybody from the obese individual to the athlete. I can help individuals accomplish anything they desire:

- *Lose weight & decrease body fat; Firm-up and tighten the stomach; Increase energy; Lean and tone the body; Maintain a healthy lifestyle; Gain workout companionship; Train for an athletic event (triathlons/running/cycling); Prepare for, or recover from, a pregnancy; Build muscle mass and much more.*

I enjoy great success training men and women for all ages and leading them to national competitions. My strong desire to help others get in shape and stay fit inspires me to proactively train people to reach their desired fitness goals, and I am also in the process of opening a gym to provide the best fitness experience for everyone under one roof!

**Come check out
my class!**

**I teach Boot Camp
on Monday Nights
from 7:30-8:30pm
at the Hyperion
Health Club.**

