

BIO >>>

My passion and motivation for fitness comes from empowering others to feel confident, strong and successful! Exercise is not a "one size fits all" and should never feel like a chore, so let's have fun with it! Whether your primary goal is training for your first triathlon or you are new to the gym, I enjoy working with clients of all fitness levels. With my guidance, my clients will discover different styles of training and exercises that work best for them as individuals, then show them how they can take that knowledge and incorporate it into their daily lives. My commitment is to you, my client, and your journey towards a healthy and active lifestyle. I believe that with the right training program, proper nutrition, a positive attitude, a bit of determination and support, anyone can achieve their goals.

When I'm not in the gym, you can find me exploring the great outdoors, hiking, backpacking, dancing, powerlifting, thrifting for hidden treasures, enjoying Netflix marathons, and laughing with friends and family.

CERTIFICATIONS >>>

National Personal Training Institute

- 500 hour Personal Training Diploma
- 100 hour Nutrition Certificate

NASM - CPT

CPR/ AED and First Aid

EXPERIENCE >>>

- Strength and Conditioning
- Group Training
- Strength Training
- Weight Loss/Toning



MARCELLA



WEST SACRAMENTO
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CENTER