

# Personal Trainer

## Iolene Evans



### EDUCATION/CERTIFICATIONS

AFAA Personal Trainer  
Group Exercise Instructor  
Cycling Certification  
Gliding Disc Versatility  
Stability Ball  
Train-the-Trainer Senior Strength  
YMCA Nutrition and Exercise for Weight Mgmt. Certification  
Kickboxing

### SPECIALTY TRAINING

Bosu  
Bootcamp  
Amped Abs/Core Training  
Boxing Bootcamp