

Ashley Lewis

Certified Personal Trainer

About Me:

Ashley is a certified personal trainer who's passionate about working with active aging adults and people who are new to working out or hesitant to start a workout regiment. She believes that each client should have individual workouts geared towards their goals and tailored to their needs and limitations.

Ashley trains each client with patience, motivation, and dedication, so that they have the support they need to succeed in their overall fitness journey.

“A healthy lifestyle is the most potent medicine at your disposal.” - Sravani

Specialties:

- Senior Fitness
- Weight Loss
- Muscle Gain
- Nutrition
- Strength Training
- Balance
- Flexibility
- Arthritis



Education & Certifications:

ISSA Certified Personal Trainer
ISSA Certified Nutritionist
ISSA Senior Fitness Certification Student

Availability:

Tues. & Thurs. 7:30 a.m.-2:30 p.m.

