



Amy Miller

Certified Personal Trainer
Group Exercise Instructor

Education

Associates Degree of Science

Certifications

American College of Sports Medicine CPT, NASM Group Fitness Instructor

About Me

I have been teaching group fitness classes for almost 10 years now and personal training for 8 years. Making sure the atmosphere in my class is inviting and fun is the best part. I love to change up the exercises and keep members on their toes, wondering what we will do next!

Personal Interests

I am passionate about helping others reach their health and fitness goals.

My favorite classes to teach are Bootcamp and Cardio Pulse.

My training clients would describe me as reliable and dependable.

Contact Information

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