

Nicole Forester

Personal Trainer/Group Exercise

Nicole has had a career in fitness for over 20 years. Not only is she familiar with the tried and true methods of getting fit, but has stayed current on all the latest trends as well. Starting off at Jacksonville University as a kinesiology major, she holds several fitness certifications, which include ACE Group Fitness Instructor, NSPA CPT, Schwinn Spinning, Pilates Plus and Les Mills.

She enjoys helping clients of all different fitness levels reach their personal fitness goals and maintaining them. She particularly loves teaching group fitness classes such as Cardio kickboxing, HIIT and strength training.

When she's not training her clients or teaching group fitness, she's busy making playlists for her classes!

