

Gina Smith

Personal Trainer/Group Exercise

Gina has been professionally training for 20 years. She is certified through the International Sports Science Association as a Personal Trainer and Nutrition Fitness Specialist. She also holds certifications in cycle, TRX, TABATA Bootcamp, and Wilderness Leadership through AMC.

Gina believes fitness is a lifelong journey that you build one step at a time. It involves- Physical, Mental and Nutritional Components that constitute the building blocks of a healthy lifestyle.

Gina enjoys working with someone who is committed to improving their overall health through core, functional training, strength, safety and nutrition.

