

## Mary Duke

### Personal Trainer/Group Exercise

Mary Duke is certified as a personal trainer by the National Academy of Sports Medicine (NASM) and has been working full time in the field since 2008. She has completed continuing education in specialty areas including Functional Range Conditioning (FRC), TRX Suspension Training, TRX Rip Training, Real Ryder Indoor Cycling, StrongFirst Kettlebell Technique, Integrated Flexibility, Bodyweight Training (Animal Flow, MovNat), and Olympic Weightlifting.

Mary Duke holds a Master's degree in Social Work from the University of Maryland and a B.A. in Psychology from Wesleyan University. Prior to becoming a personal trainer, she worked as a counselor and prevention educator in school and community settings for 10 years, led and developed adventure-based programs focusing on team building and personal growth for over 15 years, and provided train-the-trainer workshops to challenge course facilitators in school, camp and therapeutic settings.

Mary Duke's clients often have functional goals such as staying active in their sport, outdoor pursuits, active daily life and/or keeping up with their children and grandchildren. She enjoys working with clients who want to learn how to work out safely and effectively so that they feel confident exercising on their own.

When she's not at work, Mary Duke enjoys cooking, working in her yard, spending time with friends and family and hanging out with her beloved cats!

