

MAY NEWSLETTER

# NEFF

## Training

Happy May Family! Lots of new changes in the upcoming month! NEW Coach and NEW CLASSES so make sure you read through and ask us about the new schedule if you see us around!



## WELCOME JULIANA !!

Coach Juliana holds a Master's degree in Strength and Conditioning and is a Certified Functional Strength Coach (CFSC). A former collegiate tennis player, she has always been passionate about sports and exercise, turning that drive into a career focused on helping others move better and get stronger.

With over five years of experience in training, Juliana has worked with a diverse range of clients—from youth and adult general populations to collegiate athletes. She's especially passionate about helping people discover just how strong and capable they truly are.

Juliana loves working with people of all ages and backgrounds and is always excited to meet new clients, challenge them, and help them feel more confident in what their bodies can do. When she's not coaching, Juliana enjoys building Legos and going to concerts.



# NEW CLASSES COMING SOON

More Morning and EVENING classes  
coming soon!! Here is the new schedule!



Monday 8:30am 5:30pm	Tuesday 8:30am
Wednesday 8:30am 5:30pm	Thursday 8:30am
Friday 8:30am	Saturday X
Sunday X	Note

