

Education & Certifications:

- * B.S. Kinesiology/Athletic Training
- * CSCS Certification
- * Athletic Trainer Certified
- * CPR/AED/First Aid

Training Philosophy:

I believe that every person has the will power to change their lives. Some people just need help pulling that power out of them. As a trainer, it's my job to help you see your full potential. I'm not just here to help with workouts, I'm here to set you up for success for the rest of your life with how you handle the gym! It will be tough, but I'm with you all the way.

Training Specialties:

- * Functional Training
- * Post-injury Training

Interests & Hobbies:

Hiking and spending time at my family's cabin in the mountains. I also enjoy a good movie, home improvement projects, outdoor BBQ's with friends... and of course, working out!



PERSONAL TRAINER



Liz McMurry

Here to...

Help you reach
your fitness and wellness goals!

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registration information.