

Education & Certifications:

- * ACE Certified Personal Trainer
- * ACE Health Coach
- * CPR/AED/First Aid Certified

Training Philosophy:

There is no better time than now to start living a healthy life. My desire as a personal trainer is to challenge, motivate, encourage and inspire. No matter the fitness level, my passion is to help you achieve a happy and healthy lifestyle. Fitness has been such an amazing, valuable, and precious gift to me. All I simply want to do is ignite that same passion, and excitement to all those who cross my path. Accept where you are today while working for what you want tomorrow!

Training Specialties:

- * Body Weight Training
- * HiIT / Circuit Training
- * Lifestyle and Wellness Coaching
- * Toning and Sculpting
- * Weight Management / Weight Loss

Interests & Hobbies:

I enjoy anything outdoors (hiking, biking, fly fishing, camping, backpacking). If I'm not working you can find me in the mountains. SNOWBOARDING is my jam! I do it all- boxes, backcountry, and jumps. I love spending time with my family, friends and of course my kitty Gypsy and my puppy Stout.



PERSONAL TRAINER



Tasha Leavens

Here to...

Help you reach
your fitness and wellness goals!

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registration information.