RAC
RAINTREE ATHLETIC CLUB

TRACY IBARRA

DEGREES & CERTIFICATIONS

- B.S. in Office Administration from the University of Wyoming College of Education
- AFAA Certified Personal Trainer
- AFAA Certified Fitness Instructor
- IFTA Certified Aqua Instructor
- CPR/AED & First-Aid Certified

SPECIALTIES & AREAS OF EXPERTISE

- Training 1-on-1 or small groups on land or in pool
- All exercise levels beginner - intermediate/ advanced; Young Adults - Seniors
- Balance & stability
- Core Strength
- Toning & flexibility
- Cardio endurance & challenges
- Injury prevention & recovery
- Educating clients on the importance of movement

HOBBIES & INTERESTS

- Cooking & eating healthy
- Social time with family and friends
- Golfing, walking, hiking and biking
- Traveling

TRAINING PHILOSOPHY

"Never say never to movement, we are all unique; however, can move in some way. I look forward to helping you find the level of movement that fits you!"