

PAIGE BRYANT

DEGREES & CERTIFICATIONS

- Ace Certified Personal Trainer
- Certified Athletes Edge Coach
- Certified Preschool Teacher
- Associates Of Arts Degree
- Studying Human Development And Family Studies
- First Aid and CPR Certified

SPECIALTIES & AREAS OF EXPERTISE

- General Sports and Conditioning
- Soccer
- Field Hockey
- Speed and Agility
- Cardio Endurance
- Working Out With all Fitness Levels
- Youth Sports and Conditioning

HOBBIES & INTERESTS

- Hiking
- Traveling
- Backpacking
- Skiing
- Kayaking
- Running

TRAINING PHILOSOPHY

Working out is a lifestyle, it becomes apart of you.

