

Trisha Louthan, CPT



Certifications:

Certified Personal Trainer- *National Academy of Sports Medicine*
Youth Exercise Specialist - *NASM*
Resistance Training - *NASM*
Bodybuilding Training - *NASM*

Experience:

Trisha has coached group fitness classes including BODYPUMP, Cycling and TRX since 2012.

Focus:

Strength Training
Circuit Training
Weight loss
Group Training

Training Philosophy:

Trisha applies circuit strength training to a variety of clients' routines who are looking to improve their overall health. Trisha enjoys teaching and encouraging clients to reach their fullest potential. Her method is to help clients find the joy, the want and the strength they have within.