

My objective is to help people achieve their fitness goals through hard work, diet, and exercise, and most importantly, great relationships. I don't consider myself a personal trainer, but more like a personal motivator, informer and life coach! I provide all of my clients with intense but interesting workouts, important nutritional information and an individualized program that targets their specific needs. I will work with you every step of the way to make sure you get the attention you deserve and together we will find the "new you" you have been searching for. I pride myself on being extremely informative and really paying attention to my clients needs. I am located in the Fort Lauderdale area, but I will come to your home to train.

My personal training business was officially established in 2004, but I have been training and teaching in one form or another since 1992. I currently teach Cardio Kickboxing, Ultimate Kickbox Bootcamp, Cardio Strip and Pole, Body Sculpting and my own Step/Sculpt Ball Combo class in addition to basic weight training. I'm originally from New York and have been living here for about 4 years.

I've been on stage my whole life. I was a member of Sweet Adelines, where I was an assistant choreographer, singer and dancer while competing at both regional and international levels. As a professional singer and dancer, I became very comfortable on stage. (Practice makes perfect, right Dad?!) After a long, uphill battle, I finally decided to get on the fitness stage! One thing that really helped me prepare was Fear Factor - in January of 2006, I was on couples Fear Factor with my boyfriend at the time. I learned so much about myself and even more about people in general and will power. It was an amazing and intense experience that helped me realize that we can do ANYTHING if we really want it badly enough!

Which brings me to why we're here. Anyone can diet. Anyone can workout. Anyone can want to lose fat or gain muscle. But wishing and wanting aren't enough, as many of you may already know! You have to want it BADLY ENOUGH to make it happen. And if you're here, then you're already on your way! Congratulations! For the record, I used to be heavier - by about 50 pounds! I was going through a rough time in my life and finally made the decision to lose the fat and get into shape. With determination, motivation and the right workouts, I got myself to where I am today, physically, emotionally and spiritually. I use my experience and experiences to help motivate and train my clients. If you are ready to make the commitment to me, and more importantly, to you, then welcome and let's get started on your transformation...

I hope you'll find the information you need on this site about me and the services I provide. I truly look forward to working with you in the near future!! Good luck and God Bless!!