

Amy French

Introduction:

I have been a fitness and nutrition enthusiast my entire life. I served 14 years in the military, so fitness has always been a huge part of my life. While a stay-at-home mom, with my now 7-year old, I decided to change things up and make fitness my new career by becoming a Group Fitness Instructor and Personal Trainer. My goals are to stay up to date on the latest fitness trends; provide a fun and relaxed environment where any fitness level feels welcome; motivate clients to keep coming back and maintain that healthy lifestyle!



Experience:

I've incorporated fitness into most of my adult life as it was a requirement in the military and started helping people with fitness and nutrition about 5 years ago. My clients' goals have been as simple as just wanting accountability of showing up to class each week, others are looking to lose a few pounds or gain a bit of strength. Whatever the end goal might be, I feel group fitness creates an atmosphere of socialization and fun, while getting fit. I have a strong passion for Strength classes because I feel it's beneficial for everyone, especially as we get older. But I always encourage any client to find what they enjoy because I wholeheartedly believe you won't come back to class if it feels like work or a chore. By assisting clients with finding what activity they enjoy, I feel I've helped them increase their level of fitness, even if just to make activities of daily living a bit easier, improve their quality of life, or find some peace, clarity and a little less stress in their daily life.

Certifications:

ACE Personal Trainer

ACE Certified Group Fitness Instructor

CPR/AED certified

Barre Above Certified Barre Instructor

Schwinn Certified Cycle Instructor

Focus:

Whenever I can, I try to take other instructor's classes so I can learn something new, or maybe attempt to do something a different way to keep things fresh. I continue to take education classes, as well as read articles throughout the month, to keep apprised of the most up to date fitness trends or studies. My foundation always comes back to strength and balance as I believe those are the building blocks that will support us the most as we age. Focusing on this will help with mobility, agility, as well as decrease the likelihood of falls. All of this hopefully leads to more fulfilling, active lives as we age and it is why I love being a part of the fitness industry.