

ANDREA MATLOCK

I have an Undergraduate Degree in Health, Human Performance and Recreation with an emphasis in Exercise Physiology and Nutrition and a Masters Degree in Sport Management. I am certified as a personal trainer by AFAA (Aerobics and Fitness Association of America).

My interests include hiking, cycling, reading, and talking with good friends. I have participated in recreational and competitive sports all of my life. My favorites include swimming, cycling, soccer and sand volleyball.

My goal as a trainer is to empower you with the knowledge and motivation you need to become more physically fit and achieve new and exciting goals that enhance your quality of life. I will encourage you to adopt realistic changes that will make physical activity and healthy eating a permanent part of your life. I will create a workout program tailored to fit your specific wants, needs and goals using a variety of tools, exercises and training techniques. My personalized training focuses on enhancing core strength and flexibility, helping with weight loss and preventing injury.