

MEET YOUR TRAINER

# ALODI

Certified Personal Trainer



## CERTIFICATIONS & EXPERIENCE:

ISSA Certified Personal Trainer, CPR/AED Certified. She has been working in the fitness industry for 9 years and training for 5 years.

## PRIMARY FOCUS:

Fat-loss, Endurance Training, Muscle Building, Postpartum Coaching, and Strength & Conditioning, Certified Glute Specialist, Group Exercise

## BIO:

I am a Personal Trainer, certified with ISSA. I have been working in the fitness industry for 10 years and training for 6 years.

My passion is being the bridge between you and your fitness success. I create personalized training plans that are built around your needs and goals, whether that means fat loss, building strength, or simply feeling better in your everyday life.