

MEET YOUR TRAINER

# APRIL

Certified Personal Trainer



## CERTIFICATIONS & EXPERIENCE:

(NASM) Certified Personal Trainer, CPR/AED Certified

## PRIMARY FOCUS:

April Lewis is a Certified Personal Trainer (CPT) through the National Academy of Sports Medicine (NASM), with a specialization in weight loss. With nearly 4 years of experience training clients, April is passionate about helping others achieve their fitness and nutrition goals.

## BIO:

Along with training, April emphasizes the importance of nutrition in achieving fitness goals, knowing that a balanced approach leads to lasting results. Whether you're looking to lose weight, build strength, or simply live a healthier lifestyle, April is committed to guiding you every step of the way with personalized, sustainable fitness and nutrition advice.