

MEET YOUR TRAINER

PAOLA

Certified Personal Trainer



CERTIFICATIONS & EXPERIENCE:

Paola is a ISSA-certified Personal Trainer and Physical Therapy Assistant (2021).

BIO:

Although I fell in love with fitness at a young age, life got in the way and I stepped back from it. In 2021, I decided to make a change. I was struggling with very low self-esteem and felt unhappy in my body, especially because I was extremely underweight.

Over time, I worked hard on gaining healthy weight, rebuilding my confidence, and shifting my mindset. That experience led me to realize how passionate I am about helping others feel better about themselves—not just physically, but mentally too.

Now, my mission is to support and guide others on their fitness journey so they can feel strong, healthy, and empowered.