

LEANNE HOFFMAN



EDUCATION

Bachelor's Degree in Nutrition from Texas Woman's University

QUALIFICATIONS & CERTIFICATIONS

- BS in Nutrition with an emphasis in dietetics
- ACE (American Council on Exercise) Certified
- Multiple Group Exercise Certifications including Tabata Bootcamp (HIIT Training), PiYo, Turbokick & other dance fitness formats
- CPR/AED & First Aid Certified through American Safety and Health Institute

SPECIALIZATION

My training style specializes in functional fitness and wellness, including weight loss and/or strength training. I have experience in training all ages, including teens and seniors.

TRAINING PHILOSOPHY

Whether you're a brand new gym member with no experience, trying to bust through a plateau or just need some extra accountability, I can help design a program that will meet your needs. Developing new, healthier habits can be overwhelming. A trainer really provides that extra bit of support when you need it most.

INTERESTS/HOBBIES

I love dancing and singing with my kids, grocery shopping without my kids, reading, hiking and watching soccer. I'm learning to love yoga, it's new to me, but something that I was missing. We have 3 dogs that we love spending time with as well.

AVAILABILITY

- Contact For Availability