



LARA COLLMANN

QUALIFICATIONS & CERTIFICATIONS

- American Council on Exercise (ACE) Certified
- Group Fitness Instructor for 10 years
- CPR/AED & First Aid Certified through the American Red Cross

SPECIALIZATION

Specialize in strength training, stability, balance and flexibility. In my years of experience, I have helped many people of all ages to become more comfortable and confident in the fitness center, develop a healthier lifestyle, gain strength, increase energy and lose weight. I will design a personalized program to help you reach your fitness needs and goals.

TRAINING PHILOSOPHY

“Live life to the fullest.” My goal is to help people learn to love exercise rather than consider it something they must do. It’s about feeling good and being able to do those things you love to do. I am here to encourage, educate, and support people as they progress into a new healthy lifestyle making exercise a part of their daily routine.

INTERESTS/HOBBIES

I enjoy weight training, yoga and nutrition. I love to be outside in the sunshine, hiking, biking, swimming, landscaping and having fun with my family and friends.

AVAILABILITY

- Monday – Friday
- Saturday by Appointment