

# MICKI WHITCAS – MISFIT PERSONAL TRAINING

## CERTIFICATIONS

- **AAAI / ISMA Certified Personal Fitness Trainer**
- **Certified Yoga Instructor**
- **Certified Pilates Instructor**
- **Resistant Band, Bender Ball and Gliding Certified**
- **Certified Group Aerobics Instructor**
- **CPR & AED Certified**



## BACKGROUND

I have over 18 years of training experience. I have instructed at numerous gyms in the South Jersey and Philadelphia regions, currently positioned at North Beach Health Club. I have a different style of training, where I train the body to work efficiently by focusing on smaller muscle groups as well as large. I train with toning and sculpting in mind, and realize the importance of preventative training. I want my clients to feel good about how they look and feel, as well as keeping their bodies healthy and preventing injury.

## CONTACT & PRICING:

**Contact Micki at (609) 846-5499**

**1 session \$45**

**Yoga and Pilates Class participants receive discounted rate; other offers available.**