



ANN SEBERA – PERSONAL TRAINER

Ann has been in the fitness industry since 2003. She has ran several 5k's, 10k's and ½ marathons. She has group fitness training and experience in teaching Zumba, Spin, Body Blast and Abs classes.

Ann's objective is to work with clients to overcome fitness and health challenges while reaching their goals.



Contact:
Anntraining21@gmail.com
434-369-9622

SPECIALIZES:

- Weight loss
- Muscle Increase
- Long distance running
- Fitness Plans

CERTIFICATIONS:

- ACE certified Personal Trainer
- ACE Certified Group Fitness Trainer
- CPR&AED Certified