

Ariel B.



Master Trainer
Team Member Since: 2003
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Psychology from Murray State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- FMT-II certified, facial movement taping for injury, rehab, and performance
- Competitive equestrian
- Distance running, completed 2 half marathons
- Nutrition and healthy cooking



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