

Amy Genger



Introduction

I love helping people live healthier lives. Movement and exercise are an essential part of that. Having a good quality of life and being able to do what you love is the goal.

Qualifications

- Bachelors Metropolitan State University, Recreation Management and Exercise Science
- Certified Personal Trainer AAI/ISMA
- Certified Nutritional Consultant AAI/ISMA
- Certified TRX Trainer

Experience

I have 20+ years experience in the health and fitness industry working with people from a variety of backgrounds meeting a variety of fitness goals.

Specialties

TRX, High-Intensity Interval Training, weight loss, obstacle race training, Lift Strong Teen Training, Bootcamp

TRAINER