

# BETH WALSH

NASM Certified Personal Trainer  
Corrective Exercise Specialist



## SPECIALIZATIONS

Functional Training  
Coordination / Balance  
Strength & Resistance Training

## A NOTE FROM BETH...

My passion for fitness and helping others attain their fitness goals has fueled my 16-year career. I create a training environment that motivates and empowers clients to challenge themselves in a fun and rewarding way. My fitness philosophy focuses on enhancing the well-being of clients through their own self-empowerment with knowledge, skills, support, guidance and resources to encourage and assist them on their journey to a healthier life.