



GRACE FINLEY

A.A.S Physical Therapist Assistant
ACE Certified Personal Trainer
AFAA Group Fitness Instructor
Certified Silver Sneakers Instructor

SPECIALIZATIONS

Weight Loss/Management
Geriatric Functional Training
Strength and Resistance Training

A NOTE FROM GRACE...

My goal is to help each individual reach his/her fitness goals. Through the use of information, motivation, dedication and the proper exercise routine, every individual has the ability to achieve their fitness goals. Strength training and proper nutrition are key components to getting maximum results. A small change can make a BIG difference!