

MISTY STEWART

ACE Certified Personal Trainer
AFFA Group Exercise Certified
TRX Certified



SPECIALIZATIONS

Healthy Lifestyle
Custom Workouts For All Levels

A NOTE FROM MISTY...

My journey started teaching classes part time over 13 years ago. I came to the OCC to begin a new career in personal training and have loved every moment of it. My training focus is to help others perform exercises with proper technique and have fun while working out. I take pride in what I do and make sure a good workout is had by whoever comes to visit me. Let me know if I can help you meet your fitness goals.