

Heather Miller

Education & Certifications

- ACE - Certified Personal Trainer
- AFAA - Group Exercise Certification
- 200 hours Yoga Certification

Fitness Philosophy

"I have been in the fitness industry for 15 years. I found my passion for fitness competing in 10 marathons, dozens of halves, and 5 Olympic Triathlons. This is when I decided to pursue a career in helping other people become the best versions of themselves."

