



RILEY METZGER

Sports Performance
MercyFit Coach
Personal Trainer



FAVORITE WAY TO MOVE/EXERCISE

Strength Training

FUN FACT

I've met a President.

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER?

Having the opportunity to inspire individuals to know they can live a healthier lifestyle and accomplish their goals.

CREDENTIALS:

NASM- Strength & Conditioning
Specialist
First Aid, CPR, AED Certified