



Fitness  
Center



# TARA EVANS

Personal Trainer

## FAVORITE WAY TO MOVE/EXERCISE:

Movements that are used in daily living activities that improve your quality of life.

## FUN FACT

I hold 5 national title in artistic roller skating

## WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

Building relationships and watching people grow and improve with their fitness goals.

## CERTIFICATIONS:

NASM- Certified Nutrition  
Therapist

EXOS- Certified Fitness Specialist  
First Aid, CPR, AED Certified

