



# ***Anna Wilson***

*ACSM Certified  
Exercise Physiologist*



As a graduate of Taylor University, Anna has a degree in Exercise Science. With a diverse background that includes both personal training and small group training, she has had the opportunity to work with many different people including school age youth, college athletes, seniors and people battling cancer. Anna focuses on functional movement and enjoys exercises that work on the lower body, such as squats and deadlifts. Anna wants to help her clients meet and EXCEED their goals, and to have fun throughout the process!

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