



Claire Migliore

*ACE Certified
Personal Trainer*



A Notre Dame graduate, Claire has an extensive background and passion for fitness. She enjoys getting to know her clients and wants to design workout customized to each individual, with an intention of keeping things new and exciting. Diagnosed with Mitochondrial Disease at a young age, Claire has an appreciation for what the body is able to do because of what she has overcome. She enjoys cheering others on and celebrating their accomplishments, and her goal is to motivate others to do things they never realized they could do!

www.mykroc.org/personal-training