



Julianne Marron

ACE-CPT

EDUCATION:

Bachelors Degree in Exercise Science from Anderson University

CERTIFICATIONS:

ACE Certified Personal Trainer; AED-CPR certified

AREA OF SPECIALTY:

Training athletes with sport specific conditioning. Flexibility training using yoga postures and breathing techniques. Range of motion exercises for activities of daily living.

EXPERIENCE:

Participation in sports at a high school and collegiate level. Created conditioning programs for athletes in the on and off-season since 2015. Instructed yoga classes and SilverSneakers classes since 2016. Certified Personal Trainer since 2017

TRAINING STYLE/PHILOSOPHY:

To promote healthy body image for women and men by equipping them with the confidence that comes from completing an exercise program.

MY PASSION FOR FITNESS COMES FROM:

Growing up an athlete; always having something to strive for and accomplish by pushing my body past its limits.

MY FAVORITE EXERCISE /TRAINING TOOL:

Free weights, yoga, and circuit style training including high intensity intervals.

