

April Marshall

NSCA Certified Personal Trainer



April has been training since August. She specializes in golf and overall fitness, increased strength and cardio endurance. Training with April, you can expect to sweat and have a good time! Here are some tips she recommends:

- Listen to your body when it comes to exercise. Don't over or under do it!
- Doing leg and compound exercises are the best way to get results in less time.
- Know what your goals are and what it takes to reach them.
- Carry a water bottle with you to stay hydrated and suppress hunger.
- Always have a positive outlook!

To schedule a training session with April, call 290-4456 or email aprilnicole777@gmail.com.

