

# WENDY O'BRYANT

BS, CPT

*Certified Personal Trainer & Group Exercise Instructor*



## Education & Certifications:

Bachelor Degree, Virginia Polytechnic Institute State University  
Certified Personal Trainer

## Specialty:

I offer training that compliments every budget and lifestyle.

## Philosophy:

Education and empowerment. Once you know what to do and have the confidence to do it, you will be successful. People new to exercise respond well to functional fitness training. You will experience improved muscular endurance, enhanced joint stability and increased flexibility, balance and posture. More experienced exercisers simply need redirection and often benefit from integrated fitness training to reach optimal levels of muscular development and decreased body fat. By combining the 6 factors of fitness in a way that makes sense to your individual fitness needs, you will reach your goals!

**Yes, you can change your body and your life!**

