

PATTI DRESHER

CPT

Certified Personal Trainer



Education & Certifications:

Bachelor of Science, Towson University: Economics

NSPA Certified Personal Trainer

Specialty:

Working with individuals or small groups to help improve strength, balance and coordination. Giving clients individual attention to maximize their efforts in reaching their fitness goals

Philosophy:

Everyone can reach their personal fitness goals with the help and encouragement of one on one attention. I want my clients to feel like their exercise program is challenging and effective. I am here to make you excited about coming to the Arena Club and exercising.

