

NICOLE MANNNS

BS, CPT

Certified Personal Trainer



Education & Certifications:

Bachelor of Science, Towson University 2007: Exercise Science
NSPA Certified Personal Trainer

Specialty:

The most current and best used methods of strength training, functional conditioning, cardiovascular training, flexibility training, sport- specific conditioning, high intensity strength training, general fitness, lifestyle change, nutrition recommendations, individual and small group training.

Philosophy:

Every person has the potential to find success in fitness. My job as a trainer is to help find your strengths and maintain progress through adequate, highly- specified program design.

