



PERSONAL TRAINER



Virginia Ferrington

Here to...

Help you reach
your fitness and wellness goals!

Visit Guest Service for pricing and
registration information.

Education & Certifications:

- * ACE Certified Personal Trainer
- * NPTI Graduate
- * CPR/AED/First Aid Certified

Training Philosophy:

Everyone's goals and fitness levels are different. Keeping that in mind, I design unique, safe and effective programs for each client. I keep my training sessions fun, challenging and surprising. We will work together as a team to get the results you want. I offer nutrition counseling to help you eat healthier. Discipline, determination and commitment will keep you healthy and fit throughout the years. Allow me to be your guide to healthy habits that work for a lifetime.

Training Specialties:

- * Weight management
- * Circuit Training
- * Resistance Training
- * Functional/Body Weight Training
- * Interval Training for Fat Burning and Weight Loss
- * Weight Management

Interests & Hobbies:

I enjoy teaching Zumba, Aqua Zumba and Water Aerobics classes, participating in Spoke N Motion—an Integrated Dance Company, and listening and dancing to local bands. I enjoy outdoor activities, spending quality time with family and friends, cooking healthy, and making candles using soy wax.