

Haleigh Brown

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Training Philosophy

"I believe fitness is about empowerment, proving to yourself that you that you are stronger than you think. My goal is to help you build resilience, & real strength through movement. You don't have to be perfect, just willing to show up and grow."

Certifications

NASM Certified Personal Trainer

NASM Certified Nutrition Coach

Specializations

Strength & Resistance Training

Weight Management & Fat Loss

Available Hours

Weekdays: Early Mornings, Mornings, Afternoons