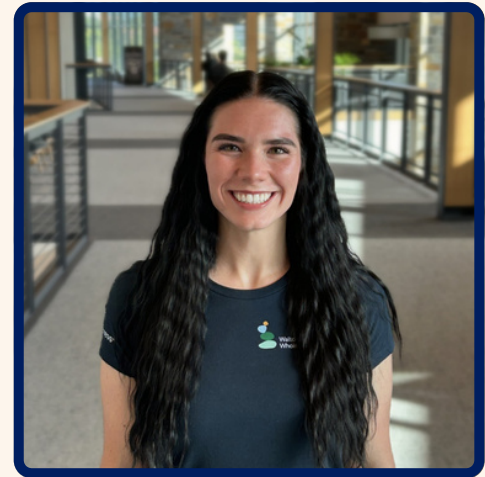


Haley Pollock

(479)-657-1485

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Training Philosophy

"My goal is to make every session enjoyable & empowering, while also pushing you to reach your full potential. Fitness is not just about physical transformation for me, it is about building confidence, improving mental clarity, & creating a long-lasting lifestyle that you love."

Certifications

NASM Certified Personal Trainer

Specializations

Flexibility & Mobility Enhancement

Sports Performance & Athletic Training

Weight Management & Fat Loss

Strength & Resistance Training

Functional Fitness & Daily Movement Patterns

Available Hours

Everyday: Mornings, Afternoons, Evenings