

Amy Miller

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Training Philosophy

“Helping my clients crush their goals is my number one priority, but I also want to show them how consistency is more powerful than intensity.”

Certifications

ACSM Certified Personal Trainer

Specializations

Strength & Resistance Training
Cardiovascular Conditioning & Endurance
Weight Management & Fat Loss

Available Hours

Weekdays: Early Mornings/Mornings/Afternoons
Weekends: Mornings