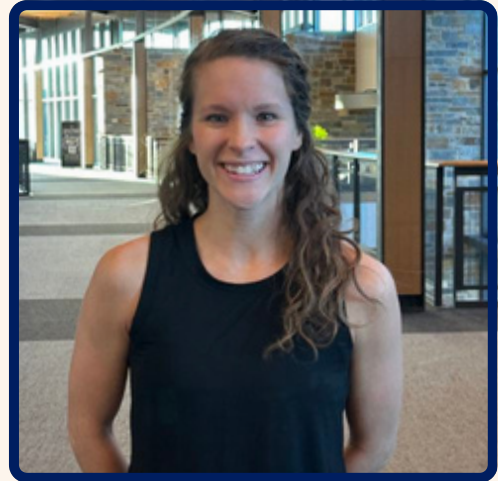


# Holly Davis

(479)-366-6435



## Training Philosophy

“Encouraging & guiding my clients to reach their individual health goals is my primary focus. My aim is also to help clients develop lasting healthy lifestyle habits to equip them for a strong quality of life.”

## Certifications

NSCA Certified Personal Trainer

## Specializations

Strength & Resistance Training  
Flexibility & Mobility Enhancement  
Functional Fitness & Daily Movement Patterns

## Available Hours

Weekdays: Mornings