



Mikhaela Cochran

Personal Trainer

Education

I obtained my bachelor's degree in Sports Management and Administration at Southwest Baptist University

Certifications

NASM Certified Personal Trainer

NASM Group Fitness Instructor

About Me

I grew up in Northwest Arkansas and have always had a passion for fitness. I love being able to encourage, challenge, and push members past their limits to do more than they think is possible. My experience with strength training, cardio, and speed and agility have helped me become an athlete and live a healthy life. I was a dual sport collegiate athlete at Southwest Baptist University, playing volleyball and track and field. I am a volleyball coach for Club Net Volleyball as well.

Personal Interest

I enjoy being outdoors in the warm weather, playing sports, hiking, and swimming. I love spending time with family and friends and nothing's better than a game night!

Contact Information

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Walton Family
Whole Health & Fitness