



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

REACH YOUR WELLNESS GOALS WITH US

Caz is a Certified Personal Trainer and Movement Instructor, with over 25 years' experience, specializing in mind-body formats to offer a holistic approach to fitness with an emphasis us to have fun when working on our health and wellness goals. Caz puts importance on training to stay strong, vibrant and functional at every age. In all of her Personal Training Plans she incorporates a holistic approach.

Fitness has been an important part of her lifestyle since her teens. She discovered the value of the mind body connection over 15 years ago, and now incorporates elements of mind body programs like Yoga, Nia and Tai Chi into her clients plans.

She is always learning new methods that allow her clients to attain optimal fitness, to participate in life and to meet all their goals .

Caz works with a variety of clients including those that are post rehab, pregnancy, postpartum, managing chronic health conditions, active agers recovering from injury as well as those seeking their optimal potential in living their best life.

SIGN UP TODAY



**GET FABULOUS
GET FIT
GET STARTED**

CAZ

TRAIN