

Teri Muller

Education:

- B.A. *English/Secondary Education*: St. Francis University ('76)

Certification(s):

- *American College of Sports Medicine Certified Personal Trainer (ACSM-CPT)*
- *Aerobics & Fitness Association of America Certified Personal Trainer (AFAA-CPT)*
- Adult CPR/AED certified

Personal Training Philosophy: “Fitness comes in a wide range of shapes, sizes and ages. Whether you are just beginning to embark upon a healthier lifestyle or are an experienced participant, there are numerous obstacles throughout one's fitness journey. My job is to help you get control over those obstacles as well as to design creative workouts that continually and progressively target your goals.”

Contact Info:

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