



MEET THE TRAINER

Julie Vinson

Education | Certifications

- B.S. Business Management, NIU
- NASM, Certified Personal Trainer
- Silver Sneakers Certified
- Cancer Exercise Specialist, CETI
- American Red Cross -CPR Certified

Specialties

- Weight Loss Management
- Senior Fitness
- Rehabilitation
- Strength Training



Personal Bio | Training Philosophy

For the last fifteen years, I have been blessed to pursue my passion in helping my clients reach their fitness goals. I am a Lymphoma cancer survivor and it has taught me what perseverance really means. My faith has helped me to endure and has allowed me to encourage others. I believe in living a healthy lifestyle without completely depriving yourself of the things you love. There is not one diet or exercise plan that fits all. I would love to help you reach your goals by finding the best fitness plan for you.

Training Quote

“Your body can do it. It’s your mind that you need to convince.”

Telephone number: (606) 922-3529

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Availability

Monday – Saturday

Open Availability