



MEET THE TRAINER

Summer Nichols

Education | Certifications:

- **Fitour Certified Personal Trainer and Group Fitness Instructor**
- **American Red Cross CPR Certified**

Specialties:

- **I have a passion for helping clients reach their fitness goals. I create and plan workouts that are personalized for each client's specific goals.**
- **I teach proper form and technique, along with many modifications when needed.**
- **Motivation and encouragement is my number one priority with everything I do. I strive to help others build strength and muscle, but most importantly confidence. I always want others to know that every ones fitness journeys look different but to never quit trying, have fun, and enjoy the ride.**



Personal Bio | Training Philosophy:

My name is Summer Nichols. I am a momma to 2 girls and 3 awesome bonus kids. I have a wonderful husband that has always supported me in everything I do; fitness being one of them. I started my fitness journey about 5 years ago. I was determined to become a healthier and happier version of myself. I had no clue where to even start but with some help along the way I began to learn how much I loved fitness. I now strive to help others reach their fitness goals. I always want them to know that it may be difficult but it is always worth it.



Training Quote:

“Each new day is a new opportunity to improve yourself; take it and make the most of it.”

Telephone number: 606-694-2391

Availability

Evenings

&

Weekends