

PERSONAL TRAINING WITH

Samantha Walmer



Education/Certifications

- B.A. in French from Franklin and Marshall
- Personal Training Certification from National Personal Training Institute in Philly
- Les Mills Body Flow Instructor
- Parisi Speed School Certified Performance Coach
- Thrive Level 1 Coach

Training Philosophy

I believe that leading by example and being the happiest, healthiest version of myself, is the best way to guide my clients. Through consistency, positivity and a strong support system, it is absolutely possible to balance fitness with the constant ups and downs of everyday life. Helping my clients find that balance is the best reward and seeing them do it with a smile on their faces (sometimes even smiling during cardio) is even better! I enjoy working with active older adults. I have a background in sprint/hurdle coaching, which I use to incorporate balance training for all ages.

Interests

My favorite pastime is running. When I'm not exercising, I work part time as an artist and enjoy painting larger scale furniture pieces with mountain/woods scenes. I also really enjoy mountain biking...although I'm not very good at it :).

“Watch now, how I start the day in happiness, in kindness.” Mary-Oliver