

LIA HAVILI

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO BE YOUR FITNESS
PARTNER-IN-CRIME!

Training Philosophy

“SHOW UP-SWEAT-SMILE”

My personal training philosophy is one that focuses on you. I want to get to know YOU in order to understand what makes you happy! I believe in finding a balance in your workout routine that fits and evolves into your lifestyle. We have one life to live, let's enjoy it by getting active and working up a sweat with smiles on our faces!

Experience

Personal Trainer – 2019

Volleyball Coach – 2014

Certifications

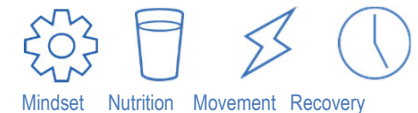
- NASM Certified Personal Trainer
- Adult CPR/AED Certified

Education

- M.A. in Coaching & Athletic Administration, Concordia University – Irvine
- B.S. in Business Administration, Murray State University

Interests

Enjoying family and friends, listening to music, laughing, spending time outdoors, going to the beach, hiking to scenic views, traveling, and trying new things.



Mindset Nutrition Movement Recovery