

Linda Thompson

Fitness Professional 2

Trainer Education:

NASM, Certified Personal Trainer
Southeast Community College, Lincoln, NE

Trainer Specialization:

Weight loss, Over-all Fitness,
Figure building, & Strength training,

Trainer Philosophy:

Allow me to assist you in developing a lifestyle of health and wellness. Learn that the proper combination of nutrition, weight lifting, and various cardio exercise, can be life changing to your mind and body. Together we will establish new goals leading to a positive future in fitness.

As Albert Einstein said,
“Nothing happens until something moves.”
So, let’s move it!

