

Stephanie Torres

Fitness Professional 3



Trainer Education:

NASM Certified Personal Trainer
Graduate of Luminous Body School for
Energy Medicine

State Certified Hypnotherapist
State Certified Massage Therapist
BA Loyola Marymount University

~Communications

Currently pursuing Senior Fitness and
Weight Loss Specialist
Hospice Volunteer Training

Trainer Specialization:

Weight Loss

Senior Fitness

Wellness Education

Stress and Pain Management

Trainer Philosophy:

Good health is priceless! I believe that by creating an “infrastructure of wellness” you have a good chance of living a long and healthy life. I connect with my clients on an individual basis and inspire them to make healthy improvements to their lifestyle. It is in these consistent small healthy changes that over time, makes a big difference. My passion is in working with older adults and helping everyone to enjoy more of life through a holistic approach to mind, body, and spirit wellness.

