

CLIENT TESTIMONIALS



“Tiffany has a passion that shines through in every class. Her years in the classroom [as a K-12 teacher] are apparent as she has the ability to read the room and break down concepts for different levels of learners. I appreciate her energy in class, it is contagious!”
– Karen C.



“Tiffany is a remarkable coach in all realms of wellness—of the mind, the body, and of the soul. She is transparent about her own journey which greatly encourages all the people she trains and coaches. Her work is especially profound because she understands strength training for women—something that, until recently, carried social taboos and stigmas along with it. Tiffany brings a warmheartedness to her instruction that characterizes her workouts as engaging and fun rather than intimidating and painful. Her extensive knowledge and patience makes her the perfect trainer for all levels of fitness!”
– Meaghan O.



“Tiffany focuses not just on fitness, but also on wellness. I could tell from the first session that she loves what she does. She is great at modifying the workout to fit the level of fitness and accommodates for different injuries/issues. Tiffany is great at keeping things in perspective. She is able to help push the limits for someone intense about fitness, and at the same time, she can ease in someone new to fitness (and she keeps them coming back!).

Positive attitude, great energy, keeps it real, keeps you going!” – John S.



“Tiffany is an excellent teacher and coach, and I always look forward to her classes. Even when I'm tired and don't feel like working out, I'm able to drag myself to her class because I know it will be fun and I'll feel great afterwards. She explains every exercise in detail, including all of the modifications that can be made to lower or increase difficulty. But what I love best about Tiffany's teaching is her willingness to share her own struggles and her ability connect with her students on a personal level.” – Jason R.



“I have been working with Tiffany on and off over the past 7 months. First off, it's important to know that I have never loved working out but know I need to. I knew that I would be more motivated if I was working out in a group with a positive, encouraging instructor. That is exactly what I have found in Tiffany as a fitness instructor. Her positive and fun attitude is just what I need. Not only is Tiffany encouraging but she switches up classes to make sure it is not mundane, she adjusts exercises for all levels and she checks in with people individually on form and overall wellbeing. I appreciate that even though I am usually on the lower level of the workouts, she runs her classes in a way that I don't get embarrassed by this. Tiffany is an amazing fitness trainer/instructor and I want to thank her for bringing fitness back into my life in such a positive way!!!” – Heidi P.