

Desiree Reichenbacher, Certified Personal Trainer

I developed my passion for the health and fitness industry later in life. Starting my fitness career with the franchise Curves in 2003, I went on to acquire my Personal Trainer | Health Coaching Certification through American Council on Exercise. Most recently I became certified as a Functional Aging Specialist through the Functional Aging Institute. As an active aging adult in my fifties, understanding the challenges that come with making health and fitness a lifestyle, I have a strong belief that people can be fit, healthy, vibrant, and functional at any age. I will help you implement a safe and effective exercise program to get you into the best shape of your life!