



HOMETOWN

Winston Salem, NC

CERTIFICATION

NASM CPT

SPECIALTY

Strength and Resistance Training

MOTTO

Philippians 4:13:

"I can do all things through
Him who strengthens me."

BIO

I found my way into fitness through a lifelong love of dance and a curiosity about how movement can change the way we feel. Dance led me to Pilates, where I learned the power of mindful, intentional movement, and over time that grew into a passion for strength training and helping others feel strong from the inside out.

My goal is to create a space where you can explore what your body can do, build confidence in every session, and have fun while you grow—because movement should feel like something you get to do, not something you have to do.



YMCA Personal Trainer
CAROLINE BULLARD