

Personal Trainer Bio



Lexi Grove

**DAC Trainer Since:
October 2007**

Education / Certifications:

University of Oregon, B.S. Human Physiology
APEX Fitness Professional Certification

Experience:

OZ Fitness
Personal Trainer Since March 2007

Professional Areas of Interest:

Personalized Programs for: Weight Loss/Fat Burn, Muscle Gain/Strength and Tone
Pilates
Kickboxing

Personal Areas of Interest:

U of O Football - GO DUCKS!
Softball, Running
Hiking, Hunting
Movies

Favorite Quote or Philosophy:

"Sing like no one's listening, love like you've never been hurt, dance like nobody's watching and live like it's heaven on earth."
-- Mark Twain

Home Town:

Reno, Nevada