

# Personal Trainer



## Meredith Caraher

Meredith started her lifelong love of movement at a young age, starting out as a competitive gymnast and dancer, and then as a collegiate varsity diver. After school she devoted her time to self defense and martial arts, which she has taught for over ten years.

Watching her students grow stronger and become empowered inspired Meredith to pursue certification with the American Council on Exercise (ACE), with the interest in working with more individuals to help them find their own path to a love of fitness.

Meredith enjoys defying the expectations of being small and recreationally competes in strength sports. She encourages her clients to trust that they have the capacity to do incredible and unexpected things, and is driven to help them discover their goals and give them the tools to get them there.

- Certified Personal Trainer
- American Council on Exercise
- Adult & Juvenile CPR/AED/First Aid Certified
- American Red Cross
- Southern Shaolin Ving Tsun Kung Fu
- Sifu & Specialist in Women's Self Defense

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