Aimee Campbell

Certified Personal Trainer

About Me:

Aimee Campbell has a wealth of experience within the fitness field. She has been a group exercise instructor since 1988 and has been a certified personal trainer since 2003. What once started as a fun second job has turned into a career. Aimee loved working out and teaching and wondered if she could ever combine the two. She dared herself to try and it is still her passion over 20 years later.

Personal training with Aimee can address many areas of fitness conditioning and may include any of the following, adapted to your particular needs and goals:

- Strength training
- Balance training
- Low Impact exercise

Aimee truly enjoys getting the best out of her clients and takes a real interest in helping people achieve their goals.

Education and Certifications:

B.A. and M.A, Biological Anthropology
Washington University in St. Louis
AFAA Certifications(4): Personal Training; Advanced Personal Training; Group Exercise; Step Aerobics
NASM-CPT

Specialties:

Balance
Senior Fitness
Joint Injury Prevention and Rehabilitation

Availability:

Mornings to early afternoon and some weekends