

APEX CENTRE PERSONAL TRAINER



“Be Stronger than your excuses!”

Fitness is my passion! I started as a professional dancer for 20 years. Being in good shape and keeping my body moving is my lifestyle – even if am not dancing anymore.

I love to help people get healthier, happier and more fit.

Every client is unique and together we can reach your fitness goal!

MEET

Anna Beck

Certifications and Education:

- W.I.T.S. - Certified Personal Trainer
- AFAA Group Fitness Instructor Certification
- Silver Sneakers Classic Certification
- Nutritional Concepts Certification

Areas of Expertise:

- Functional training
- Body sculpting
- Fat loss

Anna is just one of our personal trainers helping our members reach their peak!

To learn more about all the personal training options stop by the customer service desk.

For inquiries, email fitness@mckinneytexas.org

WWW.APEXCENTRE.ORG

