

APEX CENTRE PERSONAL TRAINER



"Exercise and strength training is vital for overall health and wellness"

I've always been passionate about the overall health and wellness of the human body. Before I started Personal Training, I worked as a Medic on an Ambulance in Dallas. Having a healthcare background reinforces how vital exercise and strength training is.

Working together, we can take the time to not only focus on your physical aspects but we can set goals and create personalized plans for overall health and wellness. My goal is to help you become stronger and more confident in every aspect of your life.

MEET

Becca Hardy

Certifications and Education:

- Bachelor of Science in Exercise and Wellness
- History of Athletic Training

Areas of Expertise:

- Pre and Postnatal focus
- Strength Training
- Functional Movement
- Weight Loss
- Injury Rehab
- All clients beginner to advanced

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

Stop by the customer service desk to learn more about all the personal training options.

For inquiries, email apex-fitness@mckinneytexas.org

ApexCentre.org/PersonalTraining

