



Personal Trainer

Name: Phyllis Hawes

Years of Experience: 15

Education:

- AA–Park Management. West Valley College
- BA–Communication and Humanities. Stockton State College

Certifications & Trainings:

- International Sports Science Associations (ISSA)
- American Council on Exercise (ACE)
- Aquatic Exercise Association (AEA)
- Certified Cycle Reebok Professional Instructor
- 24 hour fitness Group Exercise /Personal Training
- Yogafit levels 1 , 2, & 3
- Johnny G Spin

Services Offered:

- Land and aquatic training
- Indoor Cycling, Pilates, and Yoga
- Cross Training and total fitness

Training Philosophy:

In 2004, Phyllis left one volcanic mountain range for another and moved from Maui to Bend. With her she brings an Aloha Spirit and a “No Worries” attitude to training. But make no mistake, if adherence to form and function an intense workout is what you seek: you’ve come to the right woman! By integrating Body, Mind and Spirit - Phyllis uses cross training to help her clients reach and maintain their fitness goals. She advocates two beliefs: Be committed to your training but enjoy the journey!