

Adria



Adria was born and raised in Miami, FL, she came from an office background in Management, Human Resources and Bookkeeping, she has been passionate about fitness for the last three years and decided to gain her certification as a Personal Trainer through World Fitness Association.

Immediately after receiving her certification she started working as a Group Fitness Instructor specializing with seniors. Adria has experience with strength training, weight training, group fitness, stretching, HIIT, and some injuries and limitations. She has created a unique career where she combined both her passion in fitness, her passion to help others which has led her to be a different trainer where she focuses on mind muscle connection. She is motivational and caters to your needs.

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