

Amy Banfill



Hi Esplanade, my name is Amy and I'm a personal trainer and group fitness instructor. I've been working here in Bradenton, FL for the past 6 years helping clients reach their fitness goals. One of my favorite things about training is educating others on the importance of proper form and technique and why it's so important to their workouts. Also I love to use a variety of equipment in my sessions to keep things fresh, new, and interesting. I'm looking forward meeting everyone and learning how I can help the members of Esplanade take their training to the next level.

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