

Personal Training Expert



**Vicki
McCartney**

**Professional
Personal Trainer**



Specialties

Beginners

Pilates Reformer

Group Exercise

Weight Loss



Personal Training is for EVERYONE!

Beginners learn proper exercises and techniques for greater success.

Experienced Exercisers see added gains through more challenging workouts.

"I believe in helping all groups achieve their goals and get results by keeping workouts fresh & fun."

**Make an
Appointment with
Vicki Today and
Get the Results
YOU Want.**

Hometown: Cresco, PA

Education: AFFAA Certified Personal Trainer

AFFAA Certified Primary G E Instructor

AAAI/ISMA Certified Yoga Instructor Levels I, II & III

CPR Certified

Reebok Trained Cycle Instructor

Stott Pilates Trained Instructor

Pocono Wellness & Sports Center East Stroudsburg 570 424-2333