

A woman with blonde hair, wearing a black zip-up jacket, black leggings, and a blue patterned waistband, stands with her arms outstretched in a welcoming gesture. She is positioned on the left side of the image against a light blue background with a green horizontal bar at the top.

# Robin Wilcox

## *Personal Trainer*

**Fitness Philosophy**

“I have always used exercise to pull me through life. I have been in fitness over 30 years. I started running track during my younger school years and then after joining a local gym, my passion grew from there. That particular gym did not have a group exercise program so I asked the owner to let me start one - a year later it grew to the point that the owner needed a bigger facility. I love being a personal trainer and helping my clients find that they can overcome obstacles and find success. Both physically and mentally. Exercise has helped me through so much in life including bad days fighting cancer. Exercise has enabled me to respond to any situation with grace and strength.”

### **Certifications**

- AFAA Certified Personal Trainer
- AFAA Certified Group Exercise Instructor
- Certified Cycle Instructor - Johnny G
- Aquaspin™ Certified
- CPR/AED Certified