

TRAINER BIO

GLYNIS PALMISANO



Glynis is a widowed mother of four daughters and has 11 grandchildren. She enjoys hiking, poetry, Star Trek, traveling to the mountains, and knowing things. She never met a burpee she didn't like.

Her favorite quote is *"Frustration is the first step towards improvement. I have no incentive to improve if I'm content with what I can do...It's only when I face frustration and use it to fuel my dedication that I feel myself moving forwards."* —John Bingham

Glynis has been active her entire life, it was a natural fit for who she is to enter the fitness industry. She loves to share her love and knowledge of fitness. She finds satisfaction in seeing others enjoy the beauty of movement and good health.

CERTIFICATIONS

MA Ed, BSBA

ISSA and USCI Certified Fitness Trainer

FiTour Advanced Personal Trainer

Yoga Master Practitioner

Indoor Cycling Master Practitioner

Kickbox Practitioner

Boot Camp Practitioner

Group Barbell Practitioner