



Meet Sarah!
CrossFit Trainer
CrossFit Level 2

What is your fitness philosophy?

Investing in your health should be a top priority for living a long, independent, and healthy life. Strive for consistency, not perfection, and make fitness part of your lifestyle. Getting started can be the hardest part, so if you are struggling to prioritize your fitness, start small and build upon simple habits. You will see greater success if you set process goals (e.g., workout 3x a week for 15 mins), rather than outcome goals (e.g., lose 10 lbs). If you're not sure where to start, joining a CrossFit class can give you structure and a community of like-minded people who want to see you succeed.

What are your areas of expertise?

I am an experienced CrossFit trainer with in-depth knowledge of and skills in teaching olympic weightlifting technique, high level gymnastics skills, engine building, competition strategy, and mindset. I am also knowledgeable in injury rehab and working through pain.

What is your greatest fitness accomplishment?

I am proud of qualifying for and competing in the CrossFit Games Masters Quarterfinals for several years running and finishing in the top 2-3% in my age group world wide. My goal is to continue to work my way toward the top of my division each year.

What are your goals as a coach?

My goals are to support the goals of my athletes, to make them believe in themselves and their abilities, and to make themselves proud of what they are capable of. I want to help athletes of all skills and abilities reach their potential and find fun and fulfillment in my classes. I always strive to be welcoming, friendly, encouraging, and to provide the highest level of coaching.

