

Leslie Ferguson

Personal Trainer & Pilates Reformer Trainer

I Can Help You

- Upgrade your professional image by improving posture and poise
- Sculpt your body or improve specific areas
- Improve your habits, self-esteem and self-confidence
- Reduce stress, improve sleep quality, moods and energy levels
- Improve your overall health, reducing the risk of disease and degenerative problems associated with lack of exercise
- Change your body composition or become more lean

Areas of Specialty

- My approach to personal training is interactive. I respect which goals and preferences are important to my client, while also offering advice and suggestions. I encourage each individual to take new information and then reexamine his or her ideas in order to get the most efficient results from their exercise plan.

Emphasis/Philosophy

- It is my aim as a personal trainer to help all my clients achieve a meaningful and worthwhile goal - an enhanced quality of life.



Qualifications

- American Council on Exercise Certified Personal Trainer
- American Council on Exercise Certified Group Fitness Instructor
- Pilates Physicalmind Institute Certified Matwork Exercise Instructor
- Basic Nautilus Instructor Training

Personal Note:

My goal is to teach...to increase each client's understanding of the details involved in achieving exercise efficiency.

 Morton Plant Mease
Wellness Center