

Cathleen Shears

Personal Trainer



I Can Help You

- Establish and reach your fitness and wellness goals

Areas Of Specialty

- Beginners
- Weight loss education and motivation
- Goal setting
- Flexibility training
- Core strength development
- Posture and balance
- Women 40+

Emphasis/Philosophy

- Exercise keeps you youthful.

Qualifications

- Bachelor of Science, Wellness Leadership, University of South Florida
- American Council on Exercise Certified Personal Trainer
- Certified Pilates Mat Instructor, Physicalmind Institute
- 15 years experience as a Health Educator and Exercise Leader

Personal Note

- Balance is the key to wellness.

Work Phone: (727) 734-6006, Ext. 32069



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