



Cheryl Williams

Cheryl is an AFAA Certified Personal Trainer and Group Fitness Instructor. Upon graduation from the University of Connecticut, Cheryl began her career in the fitness industry where she has also worked as a fitness model as well. During her early training years, Cheryl was employed at several nationally advertised facilities and trained individuals of all ages and levels of fitness as well as professional athletes. Cheryl likes to make her clients' workouts challenging and fun by incorporating her favorite specialized training skills in the areas of kickboxing, focus mitts, strength training and Forza (sword training). Weight loss through functional training and movement analysis is also her area of emphasis whether helping her clients with injury prevention or rehabilitation after an injury. As a working wife and mother, Cheryl's motto is: "Train from the inside out! If you feel better, you will achieve a better mental and physical outcome."