



## Valerie Walsh

Valerie Walsh is an AFAA Certified Personal Trainer and Group Fitness Instructor, 200 Hour YTT Graduate from Lotus Gardens Yoga School, P90X Certified Trainer and Mad Dogg Athletics Spinning Instructor. Valerie is the Assistant General Manager of Phys-Ed Health and Performance. She is also a wife and mother of two who understands trying to juggle a work schedule, family schedule and how to make fitness a priority in a busy life. Valerie has worked in the fitness industry for more than 20 years, has taught a wide variety of fitness classes and trained clients of all levels including pro athletes, youth and those just looking to achieve overall health and well-being. She has great passion for helping people reach their personal fitness and nutritional goals as well as setting new ones each year for herself. Some of her personal accomplishments have been full marathons, numerous road and trail races, sprint triathlons, adventure racing and several cycling tours. Her years of experience in the fitness industry led her to her current position at Phys-Ed where she now helps members and guests by selecting the appropriate personal trainer to help them meet their individual needs and goals.

See Valerie so she can help you select a trainer from our amazing team that will help you get started today!