



TAKE ONE

Claritza Ruiz

Personal Trainer

I have always been passionate about leading a healthy lifestyle, and enjoy helping others reach their health and fitness goals. As a trainer, I am dedicated to motivate, empower and challenge my clients throughout their fitness journey. My job goes further than just guide and supervise the client in their training; I make their objectives my own and encourage them to reach their health and fitness goals. All those that put their trust in me receive not just my knowledge in this field, but also my unconditional support and my constant dedication. I have a real desire to help others achieve goals in terms of a healthier and happier lifestyle. I am happy to work with those who have made the decision to begin a healthier lifestyle and will gladly work with individuals who are overwhelmed or intimidated to get started. It is never too late to start changing your health/life. "Fit is not a destination; it is a way of life." My focus: overall fitness (youth to senior), beginners/exercise development, weight management, post-rehab & injury recovery, and Strength & flexibility training.

CREDENTIALS

- Certified Personal Trainer
- CPR/AED Certified
- Languages spoken: English & Spanish



Reach out to me for my availability!



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