



# NICOLE BEARSE

## PERSONAL TRAINER

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### EDUCATION

B.S. in Health Science

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### CERTIFICATION

ACE certified  
Personal Trainer

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### HOURS

Monday – Friday  
5:30am – 9:00am

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### PROFILE

I grew up playing a variety of sports and stayed active from childhood through adulthood. After aging out of organized sports, I began CrossFit in 2014 and was introduced to a new side of Fitness including Olympic weightlifting, bodybuilding, and intense functional training. I immediately fell in love with the health and fitness world and began coaching at my local CrossFit gym. It is a huge passion of mine to help people step out of their comfort zone to achieve their goals. As a Personal Trainer and CrossFit coach, I specialize in Strength and Conditioning. I enjoy working with those who are just starting out on their fitness journey, as well as those who are looking to further challenge themselves.