



# Holly Davis

Personal Trainer

## Education

Exercise Specialist Associate of Applied Science Degree from Bryan University

## Certifications

NSCA-Certified Personal Trainer, AFAA Primary Group Fitness, TRX, TRX Group Rip Trainer

## About Me

Ever since the age of 15, I have had a love for exercise. The ability to move the body, being active & healthy, is such a gift and something that I want to encourage in everyone! As a mom of three little ones, I am especially passionate about inspiring other mamas to make time for themselves.

## Personal Interests

Spending time with family, homeschooling, reading, teaching group fitness

\*Colossians 3:23\*

## Contact Information

479-366-6435

Walton Family  
Whole Health & Fitness