



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TIFFANIE REID

PERSONAL TRAINER

Tiffanie moved to Athens in 2010 and became serious about fitness at the Athens YMCA. She became a certified group instructor through IFTA in 2012 and an ACE certified personal trainer in 2014. She has seen individual clients in their homes and at AKF Athens, taught private Bootcamps around town, and has taught HIIT and Aqua Aerobics at the Athens Y.



Feeling comfortable and confident walking in and using the gym is something that Tiffanie believes everyone should experience. She spent a lot of her adult life intimidated by the gym and feeling like outdoor exercise was sufficient. Work life, then having children made it harder to get out and exercise in nature or commute through walking or biking. So, going to the gym seemed to suddenly make sense. Having never played sports in school, her knowledge of fitness routines and equipment was minimal. After trying several techniques, she tried a class that included resistance training and cardio intervals. It was at that point that she realized she enjoys working out with weights and going to the gym. Having this realization allowed her to try many new activities like using a kickboxing bag, bootcamps, aqua fitness, heavy lifting, and working with a personal trainer herself.

Her focus with clients is on lifelong fitness, body acceptance, and body positivity. This means finding exercise we love and improving how we feel in our bodies instead of worrying about the number on the scale. Tiffanie believes that everyone should feel at home in the weight room and especially enjoys working with clients who are new to the gym.

Outside of her work in fitness, Tiffanie enjoys running an online support group for parents of children with disabilities, mentoring a student in the Clarke County School District and has recently become a Supporting Parent through Parent to Parent of GA.

Contact Information:

- Tiffanie.reid@gmail.com
- Phone: 607-351-6851