



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TONI HAYNES PERSONAL TRAINER

Toni loves making exercise fun & enjoyable while also challenging & rewarding. She likes to focus on functional fitness training that prepares clients for everyday activities and improves their overall quality of life. She enjoys embracing the great outdoors as a gym and using nature's elements to understand more. She enjoys lifting heavy things with her husband & using friendly competition to motivate each other to do more.

Toni says "Going through my pregnancies has given me a better understanding of how families need to work together to make good & effective life changes."

She wants to help with safe exercises during pregnancy and with mothers regaining their strength and wellness post-pregnancy



Toni likes to train people in all walks of life focusing on:

Balance

Strength & muscle building

Stretching & mobility

Weight loss & management

Pre & post pregnancy

Learning the basics

Toning & tightening

Contact Information:

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