

Alison Hall

Hometown

Pittsburgh, PA

Certifications/ Education

- AFAA Personal Trainer Certified
- AFAA Group Fitness Certified
- Schwinn Indoor Cycling Certified
- Fitour Pilates Certified
- B.A. Communications, University of Maryland
- Working on M.S. in Exercise Science and Health Promotion, expected July 2014, California University of Pennsylvania

Specialization (if any)

No specific specialization, just general overall fitness & conditioning through cardio, weights, balance, and flexibility training

How do you stay active?

Running, triathlon, kettlebells, group fitness classes