

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)

General overall fitness & conditioning through cardio, weights, balance, and flexibility training

How do you stay active?

Running, triathlon, kettlebells, group fitness classes

Client Testimonial

"Before signing up for personal training, I was apprehensive about the money and time commitment. I felt like I should have been able to accomplish my fitness goals on my own, instead of investing in a trainer. Since being paired with Alison Hall, however, personal training has become the best decision I have made all year. The strength, endurance, and self-confidence I have gained in the last six months, as well as the weight I have lost, can all be attributed to Alison. She is extremely knowledgeable and passionate about fitness, and it shows in her workouts, which are diverse, creative, and challenging. With Alison's support, I have pushed myself to a fitness level I never would have achieved on my own. I'm excited to see how much more we can accomplish together, and I highly recommend Alison to anyone else looking to accomplish their goals."