

ALISON HALL

2 YEARS OF EXPERIENCE

Alison was born and raised in Pittsburgh, PA. She currently holds a BA in Communications and MS in Exercise Science and Health Promotion. She began her career in Fitness as a group fitness instructor. Ten years later, in February 2012, she began Personal Training. Aside from holding PT certifications through the National Academy of Sports Medicine (NASM) and Aerobics and Fitness Association of America (AFAA), Alison holds 4 additional fitness certifications in group fitness instruction, cycle, and pilates.

Outside of her fitness positions Alison loves spending time at the beach. She's also an avid baseball fan, primarily due to the wooden crack of the bat which reminds her of her childhood and spending time with her father. She's a fan of both the Pittsburgh Pirates and Washington Nationals but when head to head, like any other Pittsburgh fan, she supports the Pirates! Alison believes that many people are afraid to come to the gym because they don't know what to do. Her goal as a Personal Trainer is to get rid of that fear and show people they have the ability to change their lifestyle by working out, getting fit and living a healthy life.

