

Angela Griffiths

Certification/Education

International Sports Science Association-Certified Fitness Trainer
University of North Florida: Master of Science-Health
Licensed Practical Nurse

Specialties/Areas of Interest

Golf Conditioning, Geriatrics,
Fitness for persons with Fibromyalgia,
Fitness for pregnant and postpartum women

Fitness Philosophy: Live for today ... train for tomorrow.

Meeling Park District
We're People Driven