



Introducing *FitMamas*

Personal Training for the Everyday Woman

Mission Statement: *FitMamas* exists to promote fun, functional, full of life fitness for everyday living.

Scripture and Business Battle Plan: "Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with my righteous right hand." Isaiah 41:10 NASV

Who I am: Christian wife and mother of four grown children. Certified Dance Fitness Instructor. Personal Trainer. Business Owner. Kind, Compassionate and Motivational.

What I do: I come along side people to help them live life in good health by implementing a unique plan to maximize strength and flexibility while minimizing aches and pains. Together we meet goals to feel good, look good and enjoy life!

Why I do it: I'm doing this because it moves me forward in life and I can move a few others forward in life too.

Penny Flora

ACE → Certified Personal Trainer

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