



EMMA MURPHY PERSONAL TRAINER



EMMA MURPHY Certified Personal Trainer

About Me:

I have experience working with a diverse range of clients—including adults, kids, and seniors. I am dedicated to helping everyone build strength, confidence, and lifelong healthy habits. I have a background in exercise science and work with various age groups have shaped my holistic approach to training.

Certifications:

Personal Training

Areas of Expertise:

Strength training, tailoring each workout to meet individual needs and fitness goals. Whether you're a beginner or an experienced athlete, I am here to support you every step of the way!

MENOMONIE EAST & SOUTH YMCA