

Gina brings a passion for fitness and health to all of her clients and motivates them with her high energy and great smile. As a Wellness Advisor, she combines a compassionate personality with a high level of clinical knowledge to develop the most successful Plan of Care possible. Gina has experience in cardiac rehab and physical therapy, and is certified in prenatal and postpartum exercise. She received her Bachelor of Science degree in Human Movement and Exercise Science from Sacred Heart University in Connecticut and her Master's in Exercise Science from Southern Connecticut State University. Gina enjoys cooking, baking, photography, reading, writing, and of course, exercising! She looks forward to working with you to achieve your wellness goals.