



Helen Golden
Certified Fitness Trainer

Helen Golden has a strong fitness background, with over 20 years experience in all levels of fitness training, as well as experience in sports marketing, health and wellness product promotion, fitness editorial, and events. She is certified by YMCA, AFAA, ACE, REEBOK, and various others in Pilates, Personal Training, Spinning, Yoga, Group Exercise, Coaching, etc. Helen specializes in training/coaching all types of people from all backgrounds, including children from 2 years to adults 80 years of age, and clients with Parkinson's disease to Olympic athletes. Helen is passionate about her own fitness training and will bring that same drive to creating a personalized program to help you meet your own fitness goals.

TO BOOK A SESSION WITH HELEN CALL (435) 615-8035

