

Anne Tucker

Introduction:

I am a wife, mother, and friend. My passion for fitness started when I was in High School and has continued ever since. I have focused on all levels of Personal Training as well as Group Fitness. I enjoy helping people achieve goals and become confident in their own skin.



Qualifications:

- NASM (National Academy of Sports Medicine) Certified Personal Trainer
- NASM CES (Corrective Exercise Specialist)
- BSA Food Science and Technology/Culinary Arts, University of Georgia
- CPR/ AED Certified for the Health Care Professional
- Certified Cycle Instructor
- Certified R.I.P.P.E.D. Instructor

Experience:

I have over 20 years of experience in the fitness field. I spent high school and college as a step instructor while receiving my first personal training certification as a freshman in college. I was an Assistant Athletic Trainer as well as a member of the NCAA UGA Cross Country Team. As my career in other fields took over I still kept training and teaching on the side. I spent 2 years as a Police Cadet Athletic Trainer as well as an adjunct Physical Education professor for Randolph College in Lynchburg, VA. Moving on from there I was the Group Training Coordinator for Lifetime Fitness in Woodstock, GA. I came to Ida Lee from Charlottesville, VA where I was a Personal Trainer/Group Fitness/P.R.E.P (physicians referred exercise programmer) employee of ACAC.

Specialties:

Performance Enhancement for aspiring athletes

HIIT – or High Intensity Interval training to maximize results

Functional Fitness for everyday life

Corrective Exercise – Integration from Physical Therapy back into a gym setting

Beginner fitness education for all ages and levels