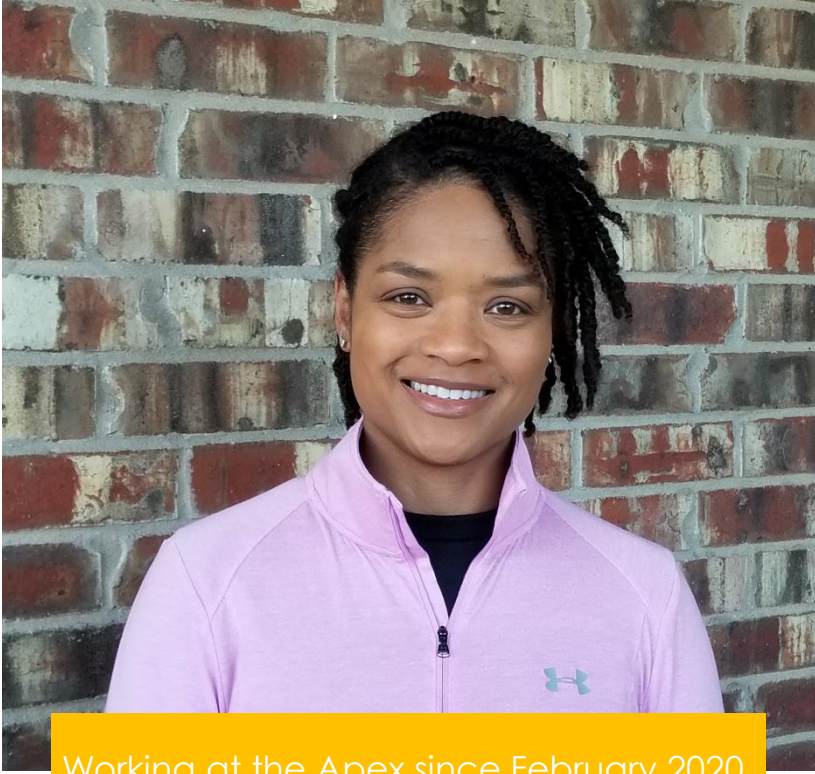


APEX CENTRE PERSONAL TRAINER



Working at the Apex since February 2020.

I believe fitness and a healthy lifestyle are key to living a balanced life. It allows me to keep up with the demands of work, family, and an active, fulfilling life.

I've always been attracted to health and fitness. I enjoy working with people who are looking to start or reignite their fitness journey.

Hours of availability

- Monday – Friday
 - Before 7 a.m. and after 5 p.m.
- Saturdays & Sundays

MEET

Sharon Copeland

Certifications and Education:

- American College of Sports Medicine – Certified Personal Trainer
- Road Runners Club of America – Certified Run Coach

Areas of Expertise:

- Strength Training
- Aerobic Endurance
- General Fitness
- Wellness Coaching

Sharon is just one of our personal trainers helping our members reach their peak!

To learn more about all the personal training options stop by the customer service desk.

For inquiries, email fitness@mckinneytexas.org

WWW.APEXCENTRE.ORG

