

Certified Personal Trainer

Carol Gilchrist



Professional Bio

I retired from the United Parcel Service 31 years ago and chose personal training as a final career to be an advocate for young girls and women to take charge of their health and fitness. I believe that a strong body enables us to make a confident and positive contribution to our families, our careers and our communities. I offer clients my expertise as a teacher, coach and athlete.

Training Qualifications & Additional Training

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- National academy of Sports Medicine (NASM) Mental Toughness Certification
- Corrective Exercise and Sport-Specific Training
- Youth Exercise Specialist
- Women's Fitness Specialist
- Speed, Agility, Quickness and Positional Isometrics Training
- BS Physical Education, Indiana University

Fun Facts – I am a current National Senior Women's Basketball player, bronze medal winner at the Senior Olympics, and former Indiana University basketball and softball player.