



YOUality specializes in creating plans uniquely designed with YOU in mind.

List of Services:

- ✦ **Functional taping with RockTape**
- ✦ **Group Fitness Classes**
 - Fit Dance & PiYo Classes
- ✦ **Personal Training**
 - Solo Personal Training
 - Partner & Small Group Training
 - Specialized Parkinson's Training
- ✦ **Private Events**
 - Kids, Adults, Corporate & Senior Fitness Classes

Personal Trainer & Class Instructor:

Leslie Glover has been fine tuning her physical fitness skills for over 9 years. She is a personal trainer and group fitness instructor and puts together awesome class programs tailored for any age group or skill set. If you're new to physical fitness she'll get you motivated and feeling great in no time! If you're more advanced, Leslie has the skills to raise the bar and challenge you even further. Everyone's journey is different and Leslie can help you progress on that journey and achieve your goals. Whether it's one-on-one personal training or in a group class you will definitely walk away invigorated and end up coming back for more.



Contact Leslie:

Phone: 848-203-7758

Email: youalityfitness@gmail.com

Website: www.YOUalityFitness.com

Leslie's Certifications:



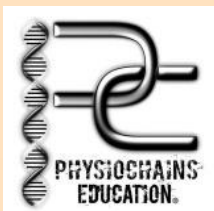
Certified Personal Trainer through the **National Academy of Sports Medicine (NASM)**. NASM certified trainers represent the "gold standard" in fitness, provide a consistent training experience, and help reduce injuries.



TRX Qualified Trainer. TRX training is not only about Suspension Training (black & yellow straps), it is Functional Training using various types of equipment, designed to make people better regardless of their goals.



FMT Certified movement professional which applies movement therapy and enhancement via functional taping methods using **RockTape**. RockTape is a special kind of tape known as kinesiology tape and Leslie uses it for the purposes of rehabilitation, edema/swelling management, neuropathic pain, scar mobility and postural management.



Certified Level 1 & 2 **Parkinson's Regeneration Trainer**. While Parkinson's Disease (PD) can be debilitating, there is plenty of compelling data to show that exercise is one of the best ways of managing PD symptoms. Studies show that regular exercise can improve gait, grip, balance, stability, strength, and motor control in the PD client. In addition, this improvement in movement and mobility helps to reduce falls, injuries, and various other complications of the disease in the PD client.