



BAILEY STUART

LV1 PERSONAL TRAINER

FUN FACT:

I am a 4th Degree Black Belt in Tae Kwon Do!

Education:

Loyola University of New Orleans
BA-2019

Certifications:

NASM-CPT
AHA BLS-CPR & AED

Favorite Exercise(s):

Hip Thrusts and Lat Pull-downs

Contact:

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EXPERIENCE:

- Individualized private training
- Small group training
- Online Health coach

Specialties:

- Muscle Growth
- Fat Loss
- Tae Kwon Do
- Posterior chain building