

# Felicia Aviles

I am married and have three very active boys. I fell in love with fitness when I decided to train for a competition in 2018. I started group training and followed with personal training not long after. My goal is to get you to yours with motivation and walking along side you through your journey. Let's have fun and get fit!

Felicia coaches LIFT which is a lifting class that utilizes many methods to produce amazing results.