

# **Lynn Baldwin**

Certified Personal Trainer

## Background

Originally from Massachusetts, Lynn and her husband moved to Florida in 1997. After spending 3 years in New Jersey, they returned to Florida. They have 4 children. Lynn is a substitute teacher at 2 schools in addition to teaching cycling classes. When not running her children to sporting events, she has been running triathlons since 2009.

## Education/ Experience

Lynn received a B.A. in psychology from Westfield State University. She worked at the New England Center for Children and continued to work with children in preschool settings as a behavioral and development specialist. While living in NJ she became certified as a Spinning instructor and in 2012 also became a personal trainer. She is certified as a personal trainer thru ACE (American Council of Exercise).

## Personal Training

Lynn focuses on giving her clients the knowledge and power to take their health into their hands while creating a fun environmental workout.

Availability – Wednesday/Thursday

