



TAKE ONE

Courtney Casas

Personal Trainer

Courtney – Personal Trainer Specializing in Strength, Metabolism, and Hormonal Balance

Courtney believes that health doesn't need to be complicated or overwhelming. Rather than promoting fad diets or extreme workouts, she focuses on empowering clients to make simple, effective changes that can fit into their daily lives. By focusing on strength training, metabolism-boosting exercises, and balanced nutrition, she helps her clients build confidence and resilience.

Growing up, Courtney struggled with her weight and an undiagnosed endocrine disorder, which later turned out to be polycystic ovary syndrome (PCOS). Battling fluctuating hormones, weight gain, and the emotional toll that came with it, she found herself constantly frustrated by the conflicting health advice and the feeling that her body was out of her control. Over time, she learned that true health isn't about quick fixes or extremes—it's about small, sustainable changes that can be maintained over the long term. This journey has shaped her philosophy as a personal trainer, where she combines her personal experiences with professional expertise to help others achieve lasting health and wellness.

Courtney specializes in helping women build strength, boost metabolism, and achieve hormonal balance. She understands firsthand how hormonal imbalances can affect everything from weight management to energy levels, and she works with clients to design fitness and nutrition programs that support their unique needs.

Her approach is rooted in the belief that small, consistent changes lead to lasting results, and that true wellness encompasses both physical and mental health. Having navigated her own health struggles, Courtney is deeply committed to helping others achieve a balanced life where they feel strong, energized, and in control of their bodies.

Ready to take control of your health and transform your body? Courtney is here to guide you every step of the way.

CREDENTIALS

- NASM Certified Personal Trainer
- Integrative Health Practitioner
- ACE Group Fitness Instructor
- Rockstar Level 2 Cycle Instructor
- Les Mills Bodypump Instructor



Reach out to me for my availability!



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