**Debby Garley**

Debby’s first found her love for fitness through running by completing numerous 5ks and then longer to marathons. She went on to more challenges by participating in her first fitness competition with eVOLVStrong and couldn’t resist becoming a fitness instructor and later a personal trainer. She loves teaching, especially her Smolder class in the hot room. Don’t be fooled by her calm demeanor and friendly smile, her workouts will deliver a challenging sweat you won’t soon forget! Certified Personal Trainer. CPR certified.

Contact me to schedule your Personal Training Session or Fitness Class. I look forward to hearing from you.

Debby Garley - Personal Trainer/Instructor