



# Andrea Sieker

## Education/Certifications

- Bachelor of Science-Health and Exercise Science
- ACSM Certified Personal Trainer
- Red Cross CPR/First Aid/AED Certified

## Specialties

- General population
- Senior population
- Calisthenics (not using equipment)
- Toning/strength training
- Weight management
- Spicing up old workout routines

## Availability

Early mornings, Evenings, Weekends, Can be flexible,  
Unavailable Fridays