



Personal Trainer

Gina Lockard-Dickson

If you are looking for a personal trainer who loves to help people of all ages, shapes, sizes, and fitness levels achieve their goals, Gina Lockard-Dickson is the trainer for you!

Her passion for helping others started when she started teaching group fitness. Gina's students love that she is non judgmental, high energy, and, easy to understand and follow.

Teaching classes has allowed her to work with everyone from children to adults and seniors. Gina currently teaches Zumba® Gold, Zumba® Fitness and EPOC at All Sport.

Stop by her class and say "HELLO"! She'd love to meet you and discuss how you can work together toward your next level of fitness.

Certifications include:

- AFAA Personal Trainer
- AFAA Group Exercise Instructor
- Phase 1 willPower and grace® Instructor
- Licensed Zumba® Fitness Instructor, Zumba® with kids, Zumba® Gold, Aqua Zumba and Zumba® Toning.
- CPR/ AED/ First Aid

*"Let me share my love of movement with you.
Together we will reach your goals one step at a time."*



ALLSPORT
health & fitness

845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com

Call Gina at All Sport Health and Fitness at 896-5678, ext.198 to set up an appointment.
Gina can also be reached at Gina@allsporthealthandfitness.com