



Ceri Lucey

Personal Trainer

loyal yet goofy - can hack the weight of a hip thruster - tends to overthink things - figure competitor - burger and donut lover

Ceri Lucey customizes her fitness training for every client – you never get a cookie cutter routine with her. She specializes in coaching new moms, providing a postpartum fitness plan to restore core function, increase strength and improve mobility. As a mother herself, she is inspired by her children, seeing the value in setting a healthy example for them. Ceri has a track record with women from age 20 to 50 helping them regain confidence by reducing body fat and building muscle. For clients at any stage, she coaches them to connect with their inner core and increase their strength, which results in better range of motion and a decrease in muscle imbalance.

How do you uniquely help your fitness clients?

“I love to connect and help others become the best version of themselves. It’s so much more than the physical changes too. Being honest and good at communicating goes a long way. I show them how they can make fitness part of their lifestyle, not just a quick fix.”

Certifications & Experience

- International Sports Sciences Association (ISSA) Certified Personal Trainer
- Pre & Postnatal Corrective Exercise Specialist (PPCES)
- Nutrition Coach with ISSA

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