



OAC PERSONAL TRAINER



Morgan Day

Personal Trainer

Contact Morgan at personaltraining@oxfordathleticclub.com

Experience

NASM Certified Personal Trainer
Bachelor of Arts, IADT- Tampa, FL
Amateur boxer-2 years
15 years of studio dance experience including choreography with emphasis on core, balance and flexibility conditioning
Women's Tri-Fitness preparation

Specializations

Boxing conditioning with key focuses on form, speed and agility, and cardio endurance
Training women of all ages, breast cancer survivors, and fibromyalgia
Sports specific strength and conditioning for athletes from high school to professional
Training and mentoring teens for increased self-esteem
Fitness show preparation

 **OXFORD ATHLETIC CLUB**

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