



Fitness
Center

STENIA LITTLE

Program Manager
Personal Trainer
Group Ex
Medical
Intergration Lead

FAVORITE WAY TO MOVE/EXERCISE

Group Classes, JustDance and Playing
basketball

FUN FACT

I jumped off a cliff in Jamaica into the
ocean!

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

I enjoy watching them progress and
conquer goals!

Credentials:

ACE CPT

