



Carter Collins, RN

A high school athlete, Carter joined a local gym in Charlottesville while completing her first degree at the University of Virginia. While continuing her studies in the School of Nursing, a friend recommended learning to instruct classes under the guise of a free gym membership. Juggling a full-time career as a nurse and starting a family, exercise and personal time became tough to find. Carter leaned on her side gig as a fitness instructor to fulfill those important pieces of her life. As the demands on a mother of four became larger, Carter shifted from a full-time career as a nurse, to a full-time career in fitness.

Working for several club chains spanning three states, she worked to create programming and to coach a 700+ instructor team to deliver world class experiences in every class, every time. Full of wellness hacks for the busy professional and the busy Mom, Carter is thrilled to share her expertise with you! Carter's credentials in nursing coupled with her passion and career in fitness and wellness have prepared her as a multifaceted trainer in many genres.

Education:

University of Virginia - BA History and Art History

University of Virginia - BS Nursing

Certified Personal Trainer through IFTA (Interactive Fitness Trainers of America)

Primary Group Fitness instructor through IFTA (Interactive Fitness Trainers of America)