

Sue Postier

Certified Personal Trainer | Group Fitness Instructor

Sue is focused on helping you live your best life by working with you to get and stay healthy. She is all about helping you achieve your goals in a way that fits your lifestyle and ability. If you're looking to get stronger or simply feel more energized, she is here to guide you in a way that makes exercise fun and achievable.

Sue's goal is to see as many people feel as good as they can for as long as they can. She is especially enthusiastic about improving endurance and strength at every level and having fun while doing it! She has observed and personally experienced how exercise can change your physical and mental well-being. Sue speaks and believes in her motto, "You're never too old, and it's not too late." Fitness is for everyone.