

Carly Munson, NASM

Performance Trainer



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Profile

Carly comes to IBJI with over 6 years of knowledge and experience in the personal training realm. Carly holds a NASM personal training certification, as well as various coaching certificates including gymnastics and handball.

Born in Ontario, Canada, Carly participated in various sports in high school including handball, gymnastics, soccer and track and field. She came to the USA on a 4 year athletic scholarship to Lake Forest College where she played collegiate handball all 4 years. She was selected by her peers as team captain during her senior year, and was rewarded AllAmerican status all 4 years.

While holding a double major in Biology and Environmental Science, Carly always knew that her path was in the health and fitness industry. In her spare Carly enjoys helping the students at Lake Forest College grow their handball career, training for marathons, and traveling.

Education

- B.S Biology and Environmental Science, Lake Forest College

Certifications

- Personal Training, National Academy of Sports Medicine
- Level 4 Gymnastics Coach
- Handball Coach