

Tracie Remschel



Fitness Specialist



Education: Texas State University - Bachelors Degree in Mass Communications; Fashion Merchandizing minor

Certifications: NASM/AFAA certified Personal Trainer; CPR/AID certified.

Focus: Muscle development, toning, and weight loss; strength training with endurance development; functional training, nutrition, total body wellness guidance.

Personal Bio: I grew up in Texas, but my family is from Missouri. I moved to Gonzales a few years ago. I participated in competitive sports in high school and throughout college. I have two children, ages ten and one. After having my daughter, I strived to get back in shape, which evolved into becoming certified and I quickly dove into fitness, nutrition, and total body wellness - mind, body, and soul. As I continue this journey, my passion is to help others achieve this same personal wellness and success.

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