



# BRIDGETT RIVAS



## WATER AEROBICS AND FITNESS INSTRUCTOR

With over 14 years of training experience, a Master's degree in Kinesiology, and certification as a NASM Corrective Exercise Specialist, I bring a wealth of knowledge and proven success to help you reach your fitness goals. My passion goes beyond workouts—I'm dedicated to guiding individuals in their nutrition, ensuring you have the fuel you need to succeed, whether your goal is to lose, gain, or maintain weight.

As a certified nutrition coach and a Sponsored Trainer with 1st Phorm, I'm here to provide comprehensive support tailored to your unique needs. No matter where you're starting from—whether you're new to fitness, working through injuries, or improving flexibility—I can help you achieve results and feel empowered every step of the way.

Let's work together to unlock your potential and create a healthier, stronger you!

### CONNECT WITH US

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