

Monica Rosiak

"Show up for yourself every day and be a little bit better than yesterday."

About me:

When approaching clients and sessions, I focus on creating a personalized, supportive, and motivating environment.

During each session, I prioritize proper form, technique, and safety while making sure workouts are both engaging and challenging. I believe in building a positive relationship with my clients, where open communication is key to achieving goals and maintaining long-term success.

Whether you're training for an event, improving your fitness, or simply staying active, I'm here to support and motivate you. I'm excited to connect with the Lakeview community!

When I'm not training, you can find me working out, cooking fun recipes I find online, reading, and spending time with friends, family, and my dogs.



Monica is taking new clients: Mon, Wed & Fri mornings and evenings, Fri afternoons, weekends.