

NICOLE AUGER



Hello, I'm Nicole! I am a dedicated personal trainer with 20 plus years of fitness and nutritional knowledge. I have an immense passion for fitness, nutrition, and helping others achieve their goals. There is nothing more fulfilling for me than helping others fall in love with healthy lifestyles, both mind and body. With my background in nutrition and exercise, along with my experience as a competitor in bikini/fitness competitions, I have the expertise to guide you on your fitness journey for all fitness levels and goals.

Call or text for more information on (231) 720-9803