



Nova Smith

Nova enjoys an active lifestyle. Her motto: “If its an outdoor exercise, I’ll try it.” She loves group fitness and the challenge of pushing each other and being pushed to personal best.

She has run more than thirty 1/2 marathons around the U.S. and internationally.

Nova recognizes that each fitness journey is personal and no two experiences look the same.

Nova is a Histotechnologist with the University of Pennsylvania and currently resides in Philly.

When not working out in the gym (pre-Covid) or on her beloved Peleton, she enjoys reading, traveling, drinking coffee, and spending time with her grandson.

Nova is a daughter, sister, mother, confidant, and friend.