

John G.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Getting into the best shape of your life

PRICELESS

Certifications/Education

- NASM Certified Personal Trainer, Weight loss specialization,
- Strength training • Golf fitness specialist