

Elijah M.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Exercise not only changes your body,
it changes your mind, your attitude,
and your mood.

Certifications/Education

- Certified Personal Trainer, B.S. in Health and Exercise Science
- CPR/AED certified

Training Specializations

- Weight loss
- Muscle gain or maintenance
- Functional training.