

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Exercise is movement for movement's sake. Training is when you set a specific goal for sport or for life and plan your time in the gym accordingly to meet that goal.

Don't just exercise; have a goal, a plan and a purpose and train.

Certifications/Education

- NSCA Certified Strength and Conditioning Specialist
- USA Hockey Certified Coach
- CPR/AED
- BA University of Denver