

Jim R.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



Training Motto
Keep Going...and BREATHE!

Certifications/Education

ACE and ISSA Certified Personal Trainer, ACE Corrective Exercise Specialist, ACE and ISSA Senior Fitness Specialist, ACE Mind-Body Fitness Specialist, ISSA Fitness Nutrition Specialist

Training Specializations

Yoga, Tai Chi, Weight loss

