



John H.

CERTIFICATIONS/EDUCATION

NASM – Certified Personal Trainer

AHA BLS CPR/AED Certified

Associate's degree in Applied Science

Pursuing a Bachelor's degree in Kinesiology & minor in Political Science



TRAINING PHILOSOPHY

I have over 10 years of competitive running experience ranging from middle school to college level track and field/cross country. Part of my fitness journey also includes recreational power lifting as well. I work with a lot of clients who have little to no experience in the gym and my goal is to make them as comfortable as possible. I help people build functional fitness and overall health as well as strength and better confidence.

MOTTO

“Be better today than you were yesterday”



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