



HOMETOWN

Greensboro, NC

EDUCATION

Sports Science

CERTIFICATIONS

Master Trainer– ISSA

Personal Trainer– ISSA

Health Coach– ISSA

Fitness Coach– ISSA

Strength and Conditioning– ISSA

SPECIALTY

Core Training

Strength and Conditioning Training

AVAILABILITY

Mornings, mid day, evenings, and Saturdays

MOTTO

“Everything is hard before it gets easy”

FAVORITE EXERCISE

Bench Press, Arm curls, Dips

BIO

I am a former athlete who absolutely loves fitness. I received my education from Northeastern University where I majored in Sports Science. I later became a master trainer for ISSA, receiving my certifications. I love helping people become more healthy and fit achieving the best version of themselves both mentally and physically.



YMCA Personal Trainer

DARREN LAWRENCE