

HOMETOWN

North Canton, Ohio

EDUCATION

High School Graduate from Reagan High School. Currently in College

AVAILABILITY

Monday through Thursday 5:00-9:00pm

SPECIALTY

Free Weights, Sport-Specific workouts, Fast Twitch training, and speed training

MOTTO

Our success starts with you

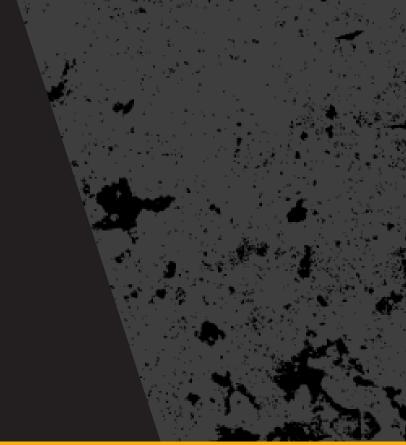
FAVORITE EXERCISE

Barbell Back Squat, Power Cleans, T-bar rows, Lateral Raises

BIO

I have been working out consistently for the past 3 years. I got into fitness to better myself and better my performance for sports. I played baseball for 15 years, ran track for 6 years, and played football for 5 years. I played those sports for all 4 years of my high school career. I enjoy helping others reach their personal fitness and mental goals. My goal as a personal trainer is to help you advance to the next step on your wellness journey with the experience I've gained playing sports and working out on my own.





YMCA OF NORTHWEST NORTH CAROLINA