

**HOMETOWN**

Winston-Salem, North Carolina

EDUCATION

Double Bass Performance
The Curtis Institute of Music

CERTIFICATIONS

Certified Personal Trainer (NASM-CPT)

SPECIALTY

Body Functionality, Weight Loss,
Athletic Conditioning, Hypertrophy,
Plyometrics

FAVORITE EXERCISE

Bench Press

MOTTO

Practice like you've never won.
Perform like you've never lost.

BIO

Exercise has been a core part of my life for as long as I can remember—from growing up immersed in sports to diving into the worlds of bodybuilding and powerlifting. Alongside my musical studies, fitness has always been essential for keeping both my mind and body sharp. It's been my outlet, my structure, and a vital balance to the focus and discipline required in music.

Over the past year, I've been studying the Alexander Technique, applying its principles to fitness and everyday movement. By focusing on posture, body awareness, and efficient movement patterns, I help clients train smarter, move with ease, and avoid unnecessary strain both in and out of the gym.



YMCA Personal Trainer
GAVIN HARDY

I see fitness as more than just physical—it's a catalyst for personal growth. Through focused coaching and intentional movement, I guide clients to build stronger bodies and resilient mindsets, making every session a step toward greater confidence and lifelong self-improvement.