
Mixed Martial Arts Training
Cross Training.
TRX Body Training
TRX Rip Trainer
Bosu Ball Training
Kettle Bell Training
Stability ball training (yoga ball)

I'm nationally certified, 10 years experience and compassionate.

Equipment provided.

My sessions are an hour long. I make my workouts enjoyable intense and fun. I love what i do, and love to see my clients reach their health and fitness goals.

Train with a friend discount.

Please leave your number for more info.

\$100 per session / \$800 for 10 sessions

30 minute session / \$300 for 10 sessions

keywords: personal trainer, training, kick boxing, cross,