



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.

