

# PERSONAL TRAINER

Over the years of training, I have come to realize that simplicity is one of the keys to success. This does not mean training is simple, but rather that we need to simplify our training and prioritize what is most important.

I have experience working with many types of clients including athletes, new exercisers, seniors, and people with disabilities. I teach skill development, encourage self-efficacy, and plan for longevity in all those who I work with.

My goal is to leave all those who I work with stronger, more confident, and more likely to continue training in the future.



## John

**CREDENTIALS:**

NSCA Certified Strength and Conditioning Specialist

**EDUCATION:**

Bachelor of Arts  
Personal Fitness Trainer Diploma

**TRAINING LOCATIONS:**

Commonwealth  
Kinsmen