

From day one Adam put me on a program that was new to me but produced great results for what I was looking for. I have seen great changes in my body and others have noticed as well. He has been right there motivating me throughout my workout which helps me to keep going and coming back. He answers any questions I have about my program and how to keep achieving my goals. I would highly recommend Adam as a great trainer.

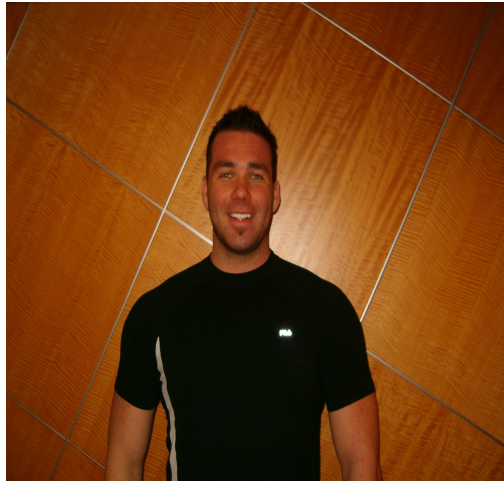
Theresa Steris

Regardless of your ultimate goal, I would recommend training with Adam to anyone. Because of his ability to customize a program specifically to your interests, I was able to achieve something I could have never done on my own. He is professional and accommodating, and has the knowledge to assist both individuals with specific goals and those just looking to improve their general fitness.

Karis Anderson

I saw the results I wanted training with Adam and you will to! He is personable and nice and he will always advance you at the level appropriate to you. If you dedicate yourself and train with Adam you will see the results you are looking to achieve. He challenges you so that you always see success in every session with no injury, and the workouts are never boring. I recommend Adam to anyone as a great trainer.

Karen



Do you want to feel better? Do you want to look better? Do you want to live a healthier, more energetic life?

I have been certified as a personal trainer now for two years. My goal is to help clients gain the confidence and the body they have always wanted. I have trained men and women from all age groups and have helped them all reach their goals in their own personal ways. I enjoy how every client presents a new challenge to me and I will always find a way to overcome that to give you your results.

If you fall into any of the following categories, I am looking forward to helping you;

- You are uncertain where to start
- You require additional motivation or support.
- You want to learn how to exercise independently.
- You have an Injury
- You want sport specific training
- You want to build lean muscle
- You want to loose body fat
- Strength and Conditioning

Certifications and Experiences:

- Certified Personal Trainer Specialist
- First Aid/ CPR/ Defib certified
- Certified Medical First Responder