



Brandon Hills is a world class trainer. He sets goals and meets them. When I first came to him, I was down in the dumps: lacking self-esteem and direction. He brought me out of my shell and enlightened me with a direction I lost 25lbs. No pills and no nonsense. Just guidance and support when I needed it the most .

“ Angelo Guzzo ”

Brandon is Great!! I have lost over 20lbs in just 10 sessions. He is very knowledgeable and a fun person to have as a trainer!

“ Mary Kyrtsakas ”

I want to express my gratification to Brandon as I have not only lost weight yet increased my lean muscle mass and strength a ton! I have more energy then ever before and feel so much better about my self image. He keeps me motivated and accountable to coming back to the gym.

“ Lauren Armstrong ”

Brandon Instructed me through my first Core Circuit Program. He paid special attention to my basic movements as I was coming off a knee injury. I went on the drop 15lbs. Develop a core and have since completed my fifth Core Program. All I can say is than thanks!

“ Bill Mechanic ”

Since 2008, I have worked at Lifestyle Family Fitness as an Elite Personal Trainer holding numerous certifications including NESTA/IFA and a Degree in High Performance Coaching. I specialize in Woman's Fitness/Core Training as well as training Elite Athletes and Spots Conditioning. I previously have acted as a soccer coach/trainer with the University of Michigan. I hold my NCCP Theory #4 and have worked with The Canadian National Soccer Program and Olympic Association since 2000. I also hold one of the highest levels of soccer coaching certification in the

No matter what your level of fitness, age or limitations, I am able to custom tailor my training in order for you to reach your optimal capacity for performance. My years of experience, knowledge and education allow me the ability to understand what it will take for you to achieve your ideal goals and get the results needed in the time we spend together.

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

- You are not seeing results.
- You do not know where to start.
- You need to be challenged.
- You want to learn how to exercise on your own.
- You need accountability and motivation.
- You have a specific illness, injury or condition.
- You are training for a sport or event.
- You want supervision and support during workouts.