



Chris Moss
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

My philosophy is progress over perfection, with a focus on building a real connection with every client. Training isn't just about sets and reps—it's about trust, encouragement, and meeting you where you are. I help clients master the fundamentals, improve strength and mobility, and develop confidence that carries beyond the gym. Fitness should feel personal, supportive, and sustainable, so together we create lasting habits that empower you inside and outside of the gym.

AREAS OF SPECIALTY

- Strength & hypertrophy
- Weight loss programming
- Balance & stability
- Mobility & flexibility

INTERESTS & HOBBIES

- Hiking & backpacking
- Traveling with my wife
- Fitness & nutrition
- Spiritual study

EDUCATION/CERTIFICATES

- NASM Certified Personal Trainer
- NASM Weight Loss Specialist
- NASM Integrated Balance Training
- Precision Nutrition (Level 1, in progress)

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

