



Dan
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

Fitness is a skill, just like playing an instrument. Whether our goals are cardiovascular health, mental health, rehabilitation, or aesthetics, we can always improve the skill of movement. The human body was meant to move, and I believe it's important to work towards doing so in a manner that is conducive to both short term goals and long term longevity.

AREAS OF SPECIALTY

- Strength and conditioning
- Corrective exercise/rehab
- Chronic pain
- Weight loss

INTERESTS & HOBBIES

- All things health! I also work full time as a Physician's Assistant in primary care
- Spending time with my wife, son and pooches

EDUCATION/CERTIFICATES

- Certified Personal Trainer
- Certified Nutritionist

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

