



Matt
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I believe that each person needs to find their own reason why. We are all different and have different reasons for why we do what we do. My job is to help each person harness their strengths and work on their weaknesses to continue their growth. If we can hold onto that, there is nothing we can't accomplish.

AREAS OF SPECIALTY

- Strength and performance
- Weight loss
- Lifestyle change
- Youth development

EDUCATION/CERTIFICATES

- B.S. Exercise Science
- NCSF Certified Personal Trainer
- NCSF Sports Nutrition Specialist
- NCSF Certified Strength Coach
- American Red Cross Lifeguard/CPR/AED/First Aid

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

