



Clifton Holmes

Certified Personal Trainer

About Me:

As a former athlete, Clifton developed a passion for exercise at an early age. Post sports years, Clifton continued to pursue and cultivate his knowledge of exercise physiology and nutrition, which lead to him getting multiple degrees in Exercise Science, including a PhD from the University of Alabama, Tuscaloosa.

To further his educational background, Clifton obtained certifications as both a personal trainer and a strength and conditioning coach, allowing him to share his knowledge and love of exercise with others.

Clifton has experience working with a wide range of ages and athletic backgrounds from youth getting involved in sports to older adults wanting to improve certain health markers and overall quality of life. He has worked with athletes from a variety of different sports, as well as the average adult trying to manage a chronic disease.

Clifton's personal philosophy as a trainer is to take the foundational principles and concepts of exercise and construct individualized training programs that best suit your needs. His goal with every client is to help them achieve their ideal level of fitness in the most optimal way possible, while also giving them the tools necessary to continue along their health and wellness path even after their tenure with me has ended.

Education and Certifications:

Bachelor of Science - Exercise & Sports Science
Master of Science - Exercise Science
Doctor of Philosophy - Human Performance
NSCA Certified Personal Trainer
NSCA Certified Strength & Conditioning Specialist
ACSM Certified Exercise Physiologist

Specialties:

Strength Training
Bodybuilding
Aerobic Endurance Training
Weight Loss
Sport Performance
Youth and Senior Fitness

Availability:

Weekday evenings and weekends