

# Kevin

## Certified Personal Trainer

### **About Me:**

Driven by an unyielding passion for empowering individuals on their fitness journey, I am committed to helping you uncover your inherent strengths and capabilities. Together, we will build a solid fitness foundation, focusing on proper form and technique while offering unwavering support and encouragement every step of the way. Join me in embracing the transformative power of fitness, as we celebrate achievements, conquer challenges, and embark on a journey of self-discovery and resilience..

### **Availability:**

Mornings, weekdays, evenings, and weekends



### **Education & Certifications:**

Certified Personal Trainer (ISSA)

### **Specialties:**

Strength Training

Sports Performance

Athletes

Functional Fitness

