

Marc

Certified Personal Trainer

About Me:

With over 28 years in the fitness industry, I specialize in customized exercise programs that cater to individual learning styles and motivations. My expertise spans training elite athletes, individuals with injuries or limitations, and those managing controlled diseases. I hold an M.S. in Exercise Physiology from Southern Illinois University Edwardsville and a B.A. in Psychology from Truman State University, and I have lectured on functional biomechanics at Washington University for fifteen years.

In addition to fitness, I am a Certified Professional Dog Trainer (CPDT-KA) and Certified Behavior Consultant Canine (CBCC). My fitness journey began as a competitive powerlifter, and I later earned a black belt in Aikido. Outside of work, I enjoy nature hikes with my Doberman Pinscher, Karma.

Availability:

Weekday mornings, afternoons, and evenings



Education & Certifications:

ACSM-EP

Master of Science in Exercise
Physiology

Bachelor of Arts in Psychology

Specialties:

Injury Recovery

Muscle Imbalances

Sports-specific Training

Overall Fitness

