



Aidan M.

CERTIFICATIONS/EDUCATION:

ISSA Certified Personnel Trainer

ISSA Strength & Conditioning Coach

CrossFit L1

ISSA Corrective Exercise Specialist



TRAINING PHILOSOPHY:

Aidan brings high energy, patience, and probably a coffee to every session. He strives to create a welcoming and motivating environment for clients of all levels. His approach to training is simple, fun, and always effective—focused on building real strength and confidence without overcomplicating the process.

MOTTO:

“Professional results without the drill sergeant energy. Effective, efficient, and mildly entertaining.”



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