



Corey V.



CERTIFICATIONS/EDUCATION

NASM – Certified Personal Trainer
Red Cross – CPR/AED/First Aid
U.S. Army Veteran
UNT – Pursuing a BBA in Kinesiology

TRAINING PHILOSOPHY

True transformation lies in understanding your body’s capabilities and limits. My approach goes beyond the physical aspect of exercise to include building mental toughness. The journey to fitness is about cultivating confidence, resilience, and becoming the strongest version of yourself. As a Personal Trainer, my goal is to provide you the knowledge, encouragement, and mental resilience to overcome any challenge. Together, we’ll design a tailored program that empowers you to conquer your unique goals.

MOTTO

“The only easy day was yesterday” - U.S Navy SEALs



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