



Jose R.

CERTIFICATIONS/EDUCATION

ACE – Certified Personal Trainer



TRAINING PHILOSOPHY

Every client is different, and I take the time to get to know them and what their goals are. My goal as a personal trainer is to develop a passion for fitness and to strive to be more physically active. I am here to support my clients every step of the way and empower them to be better versions of themselves!

MOTTO

“Every problem is an opportunity”



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