



Ashton W.



CERTIFICATIONS/EDUCATION

NASM Certified Personal Trainer
AFAA Group Fitness Instructor
NASM Youth Exercise Specialist
MBA – Global Merchandising and Leadership
UNT Faculty – Merchandising and Digital Retailing

TRAINING PHILOSOPHY

As a teacher at heart, I believe that a solid foundation is key. Breaking down your overall goal into small, measurable tasks helps ease the overwhelming perception of working out. Tailoring each session to your unique abilities, goals, and preferences will allow for the most successful outcomes. I also provide an experience to clients who may have injuries that cause limitations on the workout floor by taking sessions to the pool reducing stress on the body. Creating workouts that are manageable not only within our session, but on your own in the gym or at home is where I thrive. I want my clients to feel how much I am cheering them on during any interaction we have. We will work hard, but also have fun while doing so.

MOTTO

"Nothing is impossible; the word itself says 'I'm possible!'" —Audrey Hepburn



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