



ANIMAL FITNESS

Personal Training

PROGRAM

ANIMAL FITNESS PERSONAL TRAINING PROGRAM



Program Description

Personal training is the perfect program that can be tailored to your individual fitness goals. Whether you are interested in weight loss, building muscle or just need a little extra push to work-out, we have you covered.



What to Wear

We recommend wearing comfortable and functional clothing that allows you to move freely and supports your physical activities. This includes athletic tops, fitness bottoms, athletic shoes and minimal/no jewelry.



About Our Trainers

David and Ashley are Animal Fitness's Certified Personal Trainers under the National Academy of Sports Medicine (NASM). David's areas of expertise focus on Martial Arts conditioning, calisthenics, and weight loss. Ashley's areas of expertise focus on Martial Arts conditioning and Bootcamp style exercises.