

Education & Certifications:

- * ACE Certified Personal Trainer
- * CPR/AED/First Aid

Training Philosophy:

Being healthy isn't a quick fix it is a life-style. My goal is to provide my clients with the necessary tools and skills to make that lifestyle change. All programs are geared to the clients' specific goals and abilities.

Training Specialties:

- * Resistance training
- * Circuit/interval training
- * Weight management

Interests & Hobbies:

Anything outdoors such as snowboarding, hiking and learning how to wake board. However, weight lifting is still my number one passion.



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PERSONAL TRAINER



Jovan Chavez

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