



**Biography:** A recent graduate of Graceland University in Lamoni, IA, where I received a Bachelor's degree in Wellness Program Management with a focus in Fitness Leadership. Most of a lifetime's worth of martial arts and sports training has given me extensive knowledge on how to move your body correctly. Four years of teaching experience

has shown me how to relay that knowledge to others. Currently I am a mixed martial artist and have been competing for three years, but I have been a student of Tae Kwon Do for seven. While at Graceland I studied functional movement training as well as how to use a very wide variety of fitness tools like medicine balls, kettle bells, and Indian clubs. Fitness is my passion and I very much love to share my enthusiasm with whomever I meet.

**Philosophy:** One should always leave training feeling better than he or she did entering. It makes me sad to watch individuals walking out of gyms holding their backs and/or shuffling with slumping posture out the door. Fitness should be invigorating and fill you with vitality as you train so that the rest of the day you feel great and ready for anything. Don't get me wrong, working hard is extremely important; but working smart with correct form is more. Fitness is a balancing act with three different components or arts: Martial, Restorative, and Recreational. The more equal time we spend time pursuing these arts, the easier it is to keep a healthy, balanced lifestyle. Fitness is about learning just as much as it is about working out. I will be a student of fitness the rest of my life, so feel free to consider me a tutor to help guide and inspire you on your fitness

#### journey. Certification/Training:

- BA Wellness Program Management with focus in Fitness Leadership
- NCSF Certified Personal Trainer
- Certified Indian Club Specialist – Dragon Door
- Personal Fitness Management Instructor
- Body Mechanics
- Functional Strength and Conditioning
- · Posture and Mobility
- · Pain Relief/Relaxation

To schedule an appointment call 503.823.2840 SouthwestCommunityCenter6820SW45thAVEPortland,OR97219

# **Personal Program Orientation**

We strongly recommend this program to everyone planning to use the Fitness Center. We will show you how to use all of the cardio equipment, and devise a safe, effective weight training routine personalized to your body type and fitness goals.

FEE: \$45 for one 1hr session

### **Personal Training**

Would you build a house without a blueprint? Of course not! So why would you try to construct the body you desire without a professional plan? Personal training gives you the opportunity to find real, achievable goals and to meet those goals in a safe and timely manner. Our excellent training staff will motivate you to make a fresh start, and reach new levels in your fitness.

FEE: \$45 for one 1hr session \$115 for three 1hr sessions \$210 for six 1hr sessions

### Free Body Fat Testing

What's your body fat ratio? Curious fitness enthusiasts can find out, with a body caliper reading from one of our trained technicians.

## **Group Personal Training**

Get your body looking great, and do it with friends! We offer group personal training sessions for up to four people at a time. Sessions are one hour long.

FEE: \$30 each for 2 people \$20 each for 3 people \$15 each for 4 people

Thank you for choosing SWCC's Fitness Center to promote your physical and mental well being!



