



Hi, I'm Mike

PERSONAL TRAINER

Health and fitness have been a passion of mine throughout my life. My journey began with playing competitive sports at a young age. After a severe accident driving truck, in my twenties, I rebuilt myself and discovered my motivation and desire for reaching my own fitness goals. From this developed the joy of training and motivating clients in meeting their training goals.

There is an old saying "fulfilment is not only in reaching you goals, its also in the joy of journey". Lets be a part of that journey together.

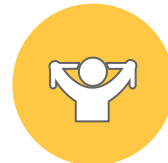
ISSA CERTIFIED PERSONAL TRAINER



AREAS OF INTEREST



Strength Training



Resistance Training



Conditioning



Mind Body
Connection

PERSONAL TRAINING PACKAGES

Please email
mrtrainer6688@outlook.com
or call **780-991-7803**
for information on client
packages and pricing.

Sessions	Price
1 session	\$84
6 sessions	\$409.50 (\$68.25 per session)
10 sessions	\$609 (\$60.90 per session)