

Personal Training

One on One personal training sessions are available in Louisville, Kentucky and the surrounding areas. Each session is comprehensively designed specifically for each client and their respective goals and ability.

My experience includes 10 years as a personal trainer, former college athlete, college strength coach, men's physique champion and competition prep coach. I take pride in providing a safe, supportive, and energetic environment. With a commitment to ensuring every session is challenging and filled with an array of diverse exercises and movements.

Rates-

\$60/1 Hour

Packages-

8 one hour sessions for \$450

12 one hour sessions for \$650

**Group rate- \$35/1hr per person
(2 to 4 people)**

***Contact me for in-home training rates**

