



MEET THE TRAINERS



Health and fitness became a passion of mine since the first time I walked into the CYCC. I loved the fun and uplifting atmosphere, and I knew this place and line of work was for me. One of the most important things I have learned since I started my fitness journey is: It doesn't come easy and it doesn't happen overnight. But, with a little help and consistency anyone can better themselves and get into the shape they have always wanted to be in.

Hi, my name is Aaron. I am an ACE Certified Personal Trainer. I got into fitness because I like the physical and mental benefits of it. I also enjoy the positive people and environments that come with fitness. My goal as your trainer is to bring out the best of my clients, and to help them reach their full potential.

As your personal trainer, I will help you discover and reach your health and wellness goals. I recognize that you are unique, so my recommendations and exercise plans are personalized specifically for you! I will assist you to reach your goals by increasing your motivation, building on your strengths, and empowering you. My goal is to help you create a meaningful, long-lasting, positive change.

ABOUT PT AT THE CYCC

We are committed to motivating, educating, and supporting our clients. We create unique and specific programs that will assist our clients in reaching their health goals.

For rates and more information please visit our website, or stop by the front desk.