



Qualifications:

- AMFPT Certified Personal Trainer
- American Heart Association -CPR/AED Certified

Specialty Areas:

- Nutrition
- Muscular Development
- Core and Back Strengthening
- Group Fitness
- “The Rock” Impersonation

Randy



Philosophy – Fitness/ Life

Any specified Fitness Lifestyle change requires a strong foundation of Balanced Nutrition. Dedication, Sacrifice, Perseverance and Execution in training and you can achieve results you may never have thought possible. Believe in your abilities and Love Your Body! - **RC**