

Phillip Toves

Fitness Professional 3



Trainer Education:

NASM Certified Personal Trainer
NASM Performance Enhancement Specialist
NASM Corrective Exercise Specialist
Cardiorespiratory Training for Performance
OPT for Youth

Trainer Specialization:

Older Adult Fitness
Youth Fitness
Post Rehab/Corrective Exercise
Sports Performance Training

Trainer Philosophy:

I am simply a guide on the path to a healthier lifestyle. My goal is to educate, encourage, and motivate others in their pursuits of health and fitness. Fitness should be fun, and when done properly, it should rejuvenate you! Ultimately, I love to help people achieve success in their fitness quests and restore and maintain "balance" in life between work, rest, and play.

