

Bryan Dodd

Fitness Professional 2

Trainer Education:

NSCA Certified Personal Trainer
Level I Certified Crossfit Trainer

Trainer Specialization:

Core strength, flexibility, resistance training,
functional movement, Olympic lifting and
power lifting

Trainer Philosophy:

The human body is incredibly adaptable. For many of us it has adapted to a less than optimal life in regard to strength, movement and diet. But we can recondition our bodies. Whether we are 8, 18, 80 or beyond, we can help our bodies positively adapt to improve how we move through life. By consistently challenging our bodies with constantly changing, functional movements our bodies become stronger and balanced, left to right, head to toe. We adapt to an active lifestyle and are better equipped to meet the challenges of our daily lives. Whether your goal is to get out on the sports field to play or to get up and down in the bleachers to watch the great-grand kids we can get there together.

