

Testimonial

ax and Nate are the way to go!"

Robyn Whitlock RN, MSN, CRNI

Whether your goal is to look better, feel better, or perform better, **BodyMAX Personal Training** can help you reach that goal.

We at BodyMAX want to help you increase your functional strength. **Functional Strength** begins with an evaluation of your current fitness level to uncover the strengths and weaknesses. Based on the results, a program will be designed to complement your strengths and improve your weaknesses. We realize that to have strong functional strength requires a balance of joint mobility, endurance, muscle flexibility, balance, speed, agility, quickness and body composition. Our personal training programs are designed specifically for you to include all aspects of fitness. The client will learn basic movement patterns that will retrain your body to move correctly, allowing the body to function as it was made. If you are looking for an easy workout with no results than BodyMAX is not for you.

BodyMAX

personal trainers will change what the definition of fitness is for you.Â

To speak to our trainer- Robert Holland - email him at:

This e-mail address is being protected from spambots. You need JavaScript enabled to view it

Or check out his website:

Speed4yoursport.com