

GRANT WHITTEY

DEGREES & CERTIFICATIONS

- NASM Personal Trainer Certification
- Pre & Post Natal Exercise Design Certification from DSW Fitness
- NASM Neuromuscular Stretching & Flexibility Certified

SPECIALTIES & AREAS OF EXPERTISE

I have a range of specialties, but largely focus on weight loss and toning, predominately through circuit training. This allows for maximum calorie burn for weight loss, while at the same time also increasing strength, core and joint stability, and definition. It is also one of the most time-efficient and fun ways to train!

HOBBIES & INTERESTS

Fly fishing, backpacking and spending as much time outdoors as possible with my wife and two dogs.

TRAINING PHILOSOPHY

"I enjoy training any client that is willing to work hard, from athletes to sedentary individuals wanting to make a lifestyle change. I try to pass on an understanding of exercise concepts so that my clients can know what to do and why to do it when they are not training with me."

