

MIKE GULLION

CPT

Certified Personal Trainer



Education & Certifications:

National Personal Training Institute Certified Personal Trainer

Specialty:

Functional strength and conditioning, nutrition and weight loss, aquatics conditioning and training, one on one and group training with older individuals, MMA conditioning, flexibility, tightening and toning, muscle building and power development, general health and wellness

Philosophy:

Being fit, strong, athletic, and active is easy through dedication and heart. Don't follow the latest craze or the "best" new thing.
BECOME A MASTER OF YOURSELF AND YOU CAN ACHIEVE ANYTHING!

