

DENNIS WRIGHT

BS, CPT

Certified Personal Trainer



Education & Certifications:

Bachelor of Science, Frostburg State University 2004: Philosophy;
Associate of Sciences, Harford Community College 2002: Business Administration
NASM Certified Personal Trainer
Certified Martial Arts Instructor, Lung Fu Do System

Specialty:

Optimum Performance Training – a systematic, progressive training program designed to improve flexibility, core stabilization, balance, power, strength and cardiorespiratory endurance.

Philosophy:

Train specifically and progressively to optimize your body's potential for the challenge that is set before you.

