



# MEET THE TRAINER

## Isaiah Grimes

### Education | Certifications

**NCSF:** Certified Personal Trainer  
(National Council on Strength & Fitness)

### Expert Rating Global Certifications:

Personal Trainer

**American Red Cross:** CPR Certified

### Specialties

- Introduction to Fitness
- Cardio conditioning and increasing of VO2 Max
- Group and one on one Circuit training
- Functional Strength conditioning, balance, stability and coordination training
- Low impact/ Low intensity training
- Rehab support
- Senior Fitness services
- TRX body weight suspension training
- Sports conditioning support
- Motivational coaching and accountability support
- Mindfulness training (Body awareness)
- Weight loss
- Hypertrophy fitness (muscle growth)



### Personal Bio | Training Philosophy

I have been involved with fitness for the vast majority of my life, but five years ago I made the decision to pursue a career in the fitness industry; I wanted to offer a service to others that would be beneficial and life changing. I enjoy meeting new people and forming friendships with my clients; also to be a voice of encouragement in someone's life. I take a nontraditional approach to fitness; focusing on mindfulness and proper body mechanics while offering instruction to my clients. This approach is a proven method for reducing the risk of injury and also is amazing for those with existing injuries. No matter who you are or what you believe you can't do, I will help you see that you indeed can achieve your goals!

### Training Quote

Always focus on the **quality** of your movements and form over the quantities of your weight and repetitions".

**Telephone number:** (606)-331-1102 Text/ Call (Text preferred)

**Availability**

**Open**