



# MEET THE TRAINER

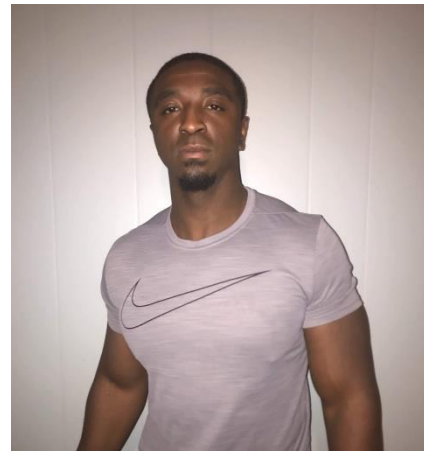
Isaiah Keyes

## Education | Certifications

- Regents degree WVU Tech
- FiTour - Aqua Instructor
- FiTour - Group Fitness Instructor
- FiTour - Advance Personal Trainer

## Specialties

- Weight lifting
- Sports Conditioning
- Sports Agility



## Personal Bio | Training Philosophy

Hello! My name is Isaiah, and I am a huge sports fan, especially football. I grew up playing football, and I was a blue chip All American in high school. I was blessed to play in college and then graduate. After college, I had the opportunity to go to camp with the New York Giants and play for a Canadian football team. I also played for an arena football team throughout my career. Throughout the process of playing sports, I learned a lot about working out and the determination it takes to become a better person and athlete. My goal is to help anyone willing to put in the work with no short cuts for a healthier lifestyle.

## Training Quote

“If you don’t want to work, go home.”

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Availability

Flexible