



MEET THE TRAINER

Jermaine Keyes

Certifications/Qualifications

- FiTour Advanced Personal Trainer Certification
- 10 Years Sports Training
- 20 years Football Coaching

Specialties

- Functional and Sport Specific Training
- Speed, Agility, Footwork
- Strength Training
- Muscle Gain & Weight Loss
- Conditioning & Muscle Stamina
- Specialty Ages, Youth-Adult

Personal Bio | Training Philosophy

Training became very important to me when I began playing professionally. Seeing teammates with elite size, strength, and speed inspired me to develop so I could reach my own elite level. That is when I fell in love with the weight room and agility training. I took everything I learned and started training my younger brothers and other family members in order to help them achieve their own collegiate and professional careers. My goal for each of my clients is to help develop them athletically so they may reach their own personal playing goals. I help develop athletes on every level from youth to collegiate. My advice for all athletes is to fall in love with some aspect of training and a foundation for any sport begins with footwork.

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Availability

Monday-Sunday