

Ron G.

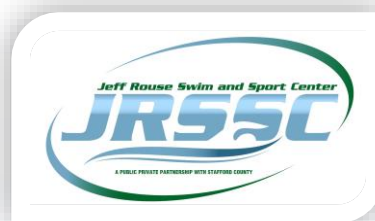


About Me

Physical fitness has been part of my life for over 40 years. As a Marine, I was a physical training instructor where I developed and implemented training programs all around the world. In later life, I have found that keeping in top physical condition staves off the negative effects of aging, enabling one to remain vital and active. I would like to share my experience with you and help my fellow “experienced” adults to remain vital and active during the best years of your life.

Specialties & Experience

- 9 years of Physical Training Experience
- Fitness for Baby Boomers
- Strength Training
- Fitness Programs for Busy Professionals



Education

- M.S. Information Systems – Strayer University
- B.S. Computer Science – Park College

Certification

- Certified Fitness Trainer – ISSA

AVAILABILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-12pm	5am-12pm	5am-12pm	5am-9am	5am-12pm	7am-12pm	X
12-5pm	12-5pm	12-5pm	X	12-5pm	12-5pm	X