

**HOMETOWN**

Mocksville, NC

EDUCATION

Communication and Exercise Science
Appalachian State University

CERTIFICATIONS

Fit Tour

SPECIALTY

Strength Training
Hypertrophy Training
Weight loss

MOTTO

"It is not death that a man should fear, but he should fear never beginning to live." -
Marcus Aurelius

BIO

I am passionate about helping others reach their highest potential in their fitness journey, believing that a healthy mind, body, and soul begin with treating the body as a temple. With a background in Communication and Exercise Science from Appalachian State University, 12 years of gym experience, and collegiate athletic experience, I bring both knowledge and firsthand experience to my training approach. Growing up at the Davie Family YMCA, this place has always felt like home to me and I love giving back to the place that has given me so much over the years. I'm excited to share my knowledge and passion to help you reach your full potential!



YMCA Personal Trainer
CLIFF HARRIS