



HOMETOWN

Sacramento, CA

EDUCATION

Bachelor of Science - Business Marketing

CERTIFICATIONS

FitTour Primary Personal Trainer

SPECIALTY

Motivation

FAVORITE EXERCISE

Dumbbell Bench Press

AVAILABILITY

Weekday Evenings

MOTTO

"Small Steps, Big Results."

BIO

I am an energetic person with a passion for fitness. I love to leverage my experience from my own personal fitness journey he seeks to motivate others achieve their goals.



YMCA Personal Trainer
MATT SCHWALL