

**HOMETOWN**

Statesville, NC

CERTIFICATIONS

FitTour Personal Trainer

SPECIALTY

Strength training

AVAILABILITY

Midday/Afternoon Weekdays

MOTTO

"The Lord will never give you more than you can handle!"

BIO

I'm Mason, a personal trainer with a passion to help you improve your lifestyle in the form of fitness. I love working out and seeing my process, but I also love to see how the food I consume translates to how I feel and look. I want to help you grow to achieve whatever goals you have for yourself, no matter your athletic ability, or age.



YMCA Personal Trainer

MASON TODD