



HOMETOWN

Wilkesboro, NC

CERTIFICATION

Sports Performance Training
Strength Performance Training
Healthy Lifestyles
Personal Training

SPECIALTY

Sports Training and Weight
and Strength Training

FAVORITE EXERCISE

Power Cleaning

MOTTO

You can do anything you
set your mind to!

AVAILABILITY

Anytime just contact me

BIO

I'm passionate about fitness, sports performance, and staying active in all forms. I love helping people of all fitness levels work toward their goals and become the strongest, healthiest version of themselves. Whether you're just getting started or looking to take your training to the next level, I strive to create a supportive, motivating environment where you feel encouraged every step of the way. I also enjoy building genuine connections, meeting new people, and making every session both challenging and enjoyable.



YMCA Personal Trainer
CHASE BROWN