



EDUCATION

Studied Electrical/Electronics
Engineering technology at DDCC

CERTIFICATION

NASM Personal Trainer Certification

FAVORITE EXERCISE

I love a good arm workout, but if I have to pick I think Preacher Curls, Tricep Extensions and Cable Lateral Raise as my favorites.

MOTTO

"Whatever you do, do it all for the glory of God"
1 Corinthians 10:31

AVAILABILITY

Contact me and we'll schedule a time that works for you.

BIO

My Name is Andrew Durham, I go by Drew. I would love to tell you the story about the moment that changed my life, it is also what led me to personal training and fitness, and a version of my life that younger me would be in utter shock to believe. As a child and teen, I had absolutely no interest in fitness, sports, or wellness. However, that all changed after I became a Christian. I started attending a church where I was approached by a Sensei from a Christian-based MMA dojo who offered to mentor me physically but also spiritually. That is where it all started. MMA led me to strength training which led me to the gym and eventually hiring a personal trainer of my own. I fell in love with the process, with hypertrophy, and with strength training but more importantly I fell in love with the people I met daily. My story isn't unique, there is something that can inspire everyone to open their mind to what the process of training and grow physically and mentally. I would love to be part of that process and be that line of support to others.



YMCA Personal Trainer
ANDREW "DREW" DURHAM