

# Andre Grayer

*"Bringing joy to my sessions is important to me and I hope it rubs off on my clients."*

## About me:

I have a great passion for helping others! I always pride myself as a person who sets good examples. I also love to workout, and that drove my desire to become a trainer.

My training style is fun and anything but boring. I know how to make sessions enjoyable, and take care of business at the same time.

I like to be informative and ensure proper function during my session, but I'm also easy going. I move at the pace of my client and give them the self motivation that propels them to do more. I make sure clients know they are in control, as I am just there to guide them.



Andre is currently accepting new clients for mornings, afternoons, and some evenings.