

# Andy Santos

*I've always been interested in human movement, being a lifelong martial arts athlete and coach. "*

## About me:

I specialize in helping athletes and non-athletes gain lost mobility with my own specialized mobility training program.

My training style is dynamic, instructional, and fun!

I believe people are designed to move, so I inspire my clients to move their bodies everyday.

When I'm not training, you can find me spending time with my son, Carter, hiking, kayaking, and vacationing in Florida.



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