

Chris Trevino

"A great feeling is seeing an individual get excited about their improvements, whether it's form, body composition, strength, or a new personal goal."

About me:

I've always enjoyed working out and loved helping my friends and family in the weight room while in my high school years. Seeing them succeed in their goals made me realize I wanted to take it a step further and help others reach their fitness goals by becoming a personal trainer.

I adapt to a client's needs based on their goals, age, and fitness level. I ensure clients are safely exercising, while also pushing themselves and having fun!

My fitness philosophy is that form comes first and is the building block for muscle and strength.



Chris is currently accepting new clients.
He is available afternoons and evenings.