

# Greg Madej

*"Feel the power!"*

## About me:

"Feel the power!" This is a reminder to stay focused and vigilant, knowing that you have the inner strength and fortitude to be better everyday.

I guide my clients toward continual growth in body, mind, and spirit, approaching each session with humble service and genuine care. I treat them like family, prioritizing their physical and mental well-being so they leave each session happily tired and proud of their progress.

When I'm not working, I love spending time with my wife and kids! We enjoy being outdoors—whether we're playing outside or exploring places like the Botanic Gardens. I also love running and working out in nature whenever possible. Otherwise, you'll find me enjoying my many hobbies, including music, movies, and games.



Greg is taking new clients Mon & Fri mornings/early afternoons, Tue-Thu early afternoons, weekends.