

Isaiah Williams



Fitness Philosophy

Fitness and exercise is more than just a physical activity, but it's like medicine a promotion of wellness that improves the overall quality of your life, health, immune system, blood flow, mind, weight loss and more. So, what are you waiting for? I believe in you, and you should too so don't miss your opportunity to maximize your true potential!

Areas of Expertise and Interest

Expertise:

- Weightlifting for an increase in muscle mass and general toning
- Athleticism & Conditioning
- weight loss/gain & Nutrition
- Balance and stability
- Core strength training

Fitness Interests:

- Weightlifting for increase in muscle mass and general toning
- Athletic Training
- Weight loss/gain & Nutrition
- Balance and stability
- Core strength training

Education and Certification (s)

International Sports Sciences Association

CPR/AED Certifications (June 2021)

Certified Personal Trainer (June 2021)

