

Noel Griffith



Fitness Philosophy I view fitness as a lifestyle meant to you bring out the best version of yourself. Taking a holistic approach and experimenting with different types of exercise to see what makes you feel the best is key. Above all, fitness should be enjoyable yet challenging!

Areas of Expertise and Interest

Expertise:

- Weightlifting for muscle gains, general toning
- High intensity interval training
- Circuit training
- Working with college students and those new to the gym
- Weight loss/gain

Fitness Interests:

- Weightlifting
- Rowing
- Interval training
- Boxing/Kickboxing
- Hiking

Education and Certification(s)

- Indiana University Bloomington (anticipated May 2022)
 - B.S. Finance, Law, Ethics & Decision-making
 - Minor certificate in Intelligence Studies
- National Academy of Sports Medicine Personal Trainer (February 2021)
- CPR/AED Certified (February 2021)

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