



KYLE ANDERSON, MS, NASM CPT

Kyle has been in the health & wellness industry for the last 17 years. After playing Division 1 football, Kyle focused on his passion for sports medicine through training rehab patients in orthotics, prosthetics, physical therapy and sports rehab. Kyle has a diverse background in fitness industry which includes training clients for weight management, nutritional counseling, special population programming such as diabetes, arthritis and strength and conditioning for professional and student athletes. Kyle's personal motto is "Reaching any goal in life takes preparation, persistence and most of all perspiration". He loves to see others reach and exceed goals they never thought possible. When he is not focused on fitness Kyle spends most of his time with his three children sharing new adventures.



MICHELLE BROOKS, NASM CPT

Michelle's intense focus on the goal at hand is one of the many reasons she has been successful in training. She is certified by the National Academy of Sports Medicine in Personal Training and Optimum Performance Training for Weight Management. Michelle is also certified through the Cooper Institute for Biomechanics of Resistance Training and Indoor Cycling, as well as a certified TRX group suspension instructor. She was certified to train in the Muay Thai Boxing in 1991. Michelle is constantly striving to learn more about health and fitness and its positive effects on the body. This mother of two has competed in several races including a 50K Ultra Run and a grueling 24 hour Adventure Race. Racing has helped her to gain more knowledge on how the body responds to prolonged activity. Michelle's discipline, focus and determination will be evident the first time you meet her.



LARRY COLEMAN, CI-CPT

Sports and fitness have always been a passion for Larry, a former collegiate basketball player from Howard Payne University. Larry received his personal training certification from the Cooper Institute of Dallas in 2007 and started his fitness company COLEMAN COMPLETE FITNESS. He furthered his education by receiving his Master Personal Training certification in 2010 and receiving certifications in Dietary Guidance and Weight Management Leadership. Larry describes his personal training style as providing intense, effective workouts while keeping things fresh, new and fun. He tailors his programs to fit the needs and abilities of each individual client, from young to the young at heart. For Larry, God and family come first and he considers his clients as part of his family.



KIM DAVIS, BS Biology & Chemistry M.Sc. Sports Management; CI-CPT; 7th Dan Taekwondo, 5th Dan Hapkido, Black Sash Senkotas Arnis.

Kim enjoys working with people of all ages to help them achieve their goals and gain benefits of a healthier lifestyle. Her fitness plans/prescriptions are scalable to meet the needs of the individual client through private or semi-private lessons. Kim's experience from over 30 years of martial arts training as a competitor and instructor is integrated with her personal fitness knowledge from Cooper Institute and American College of Sports Medicine to design fitness programs for clients of all ages.



CASSIE MITCHELL, NASM CPT, CES, SFS, TRX GTC

Cassie has been wired for fitness. Since elementary school basketball, high school track and field, collegiate rugby, and other activities she now finds herself championing others to dive into their own passion for a healthy lifestyle. After becoming a NASM certified personal trainer in 2014, she continued to pursue further knowledge of the field with corrective exercise, senior fitness, and TRX specializations to better serve clients of all ages and fitness levels. Cassie believes there is something to benefit from with every style of training, and so she aims to develop programs that allow clients to experience all different facets of the fitness world that are safe, geared toward their individual goals, and keep things interesting!



JAMES OLIVER, NASM CPT & NASM Senior Fitness Specialist

A native to DFW, James, has had a passion for health and fitness since he can remember. From an early age he was intrigued by the aspect of physical fitness and the direct and positive impact it can have on the mind and body. He specializes in Senior Fitness and considers it a pleasure to help someone in his community reach his or her goals. James received his personal training certificate from the National Academy of Sports Medicine in 2015 and went on to further his knowledge with a certification in Senior Fitness through the National Academy of Sports Medicine. James firmly believes that a healthy life is a happy one, and would be thrilled to show you the way.



CASSI REDMON, NASM CPT

Cassi has been surrounded by fitness her entire life. Starting with playing basketball at a young age, all the way to playing basketball at Sterling College for four years, where she received her degree in exercise science. She also holds certifications from NASM in fitness nutrition and is a weight loss specialist. Cassi believes in complete health and fitness. Which involves healthy ways of fueling your body, safe exercises, stress relieving activities, and finding balance in your life. She is passionate about creating a positive, challenging, uplifting program for each person she encounters!



NEAL SMITH, ACSM CPT

Neal is a graduate from Oklahoma State University and holds a degree in Health Promotion and is a certified Personal Trainer through the American College of Sports Medicine. While pursuing his degree at Oklahoma State, he ran cross country and track specializing in long distance. Neal believes that utilizing a personal trainer to reach your fitness-related goals will give you the positive momentum to make changes in all aspects of your life.

PERSONAL TRAINING PACKAGES PRICE

1/2 Hour Private Session \$40.00

Five, 1/2 Hour sessions for \$195.00 (\$39/session)

Ten, 1/2 Hour sessions for \$380.00 (\$38/session)

Fifteen, 1/2 Hour sessions for \$540.00 (\$36/session)

Twenty, 1/2 Hour sessions for \$700.00 (\$35/session)

1/2 Hour Semi Private Session \$55.00 (Based on Two People)

Five, 1/2 Hour sessions for \$270.00 (Based on Two People) (\$54/session)

Ten, 1/2 Hour sessions for \$530.00 (Based on Two People) (\$53/session)

Fifteen, 1/2 Hour sessions for \$750.00 (Based on Two People) (\$50/session)

Twenty, 1/2 Hour sessions for \$960.00 (Based on Two People) (\$48/session)

***Client receives complimentary fitness assessment with the purchase of a personal training package.**