

Chris Goodman

Personal Trainer

ACSM Certified personal trainer
IPE Pro Bodybuilder

My training philosophy is more of a coach than one on one personal training. I am available for comprehensive coaching for the whole body, with emphasis on nutrition and strength training combined for total body transformation.

I firmly believe that a person needs to eat for their fitness goals. This would be a great fit if you are interested in physique competition or having trouble losing weight, in spite of your best efforts. Contact me, I would be happy to help.