

Chris Schneider

Exercise Physiologist

Bachelor's Degree in Exercise Science
Certified ASCM Exercise Physiologist
FMS Certified

My hobbies include working out and boating. I am also a car enthusiast.

I enjoy a good mixture of cardio and weight training for my personal workouts. In the summertime I do Adventure Races, the longest being an 18 hour race.

I enjoy making exercise a fun and positive experience for people so they look forward to it and enjoy their workouts. I find it very rewarding to see my clients achieve their exercise and health goals.

You are one workout away from a good day!