

Personal Trainer

Joey Elkins

Education & Certifications

- ◆ Bachelors of Science in Kinesiology from ASU
- ◆ National Strength and Conditioning Association (NSCA)
 - Certified Personal Trainer

Area of Expertise

- ◆ Functional Movement
- ◆ Functional Body Building
- ◆ Strength Training
- ◆ Weight Loss

Personal Philosophy:

“Move Well, Feel Good”

