

Max Rogers

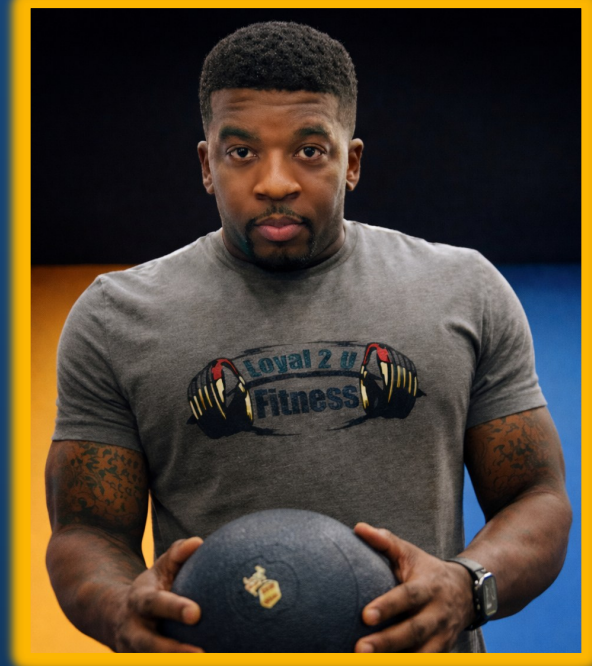
Trainer & Group Specialist

Education | Certification

- ISSA Certified Personal Trainer
- Certified Fitness Instructor
- Youth Exercise Specialist
- First Aid Certified
- CPR Certified

Specializations

- 1 on 1 Personal Training with custom designed exercises that align with each client's fitness level and goals
- Group Fitness Instruction
- High Intensity Interval Training
- Heavy Lifting Training
- Strength & Conditioning Training
- Cardiorespiratory Training
- Youth Training
- Mobility and Flexibility Training
- Sports Specific Training and Coaching
- Recovery Training by guiding clients through safe workouts modified to their medical considerations after an injury or surgery
- Nutrition Counseling
- Fitness Assessments and Progress Tracking
- Motivational Fitness Coaching and Goal Setting



Philosophy | Style

I am a dedicated personal trainer with a passion for improving client health and wellness. I help diverse populations to achieve their fitness, weight loss and conditioning goals faster than they have even thought possible. I train the body, as well as the mind, as I feel it's important for the two to be in sync. I am truly committed to the health and well being of all of my clients.



Call Max at 281.995.0361