

Trevor Bergeron

Education:

- *B.S. Business Administration – Mount Ida College*

Certification(s):

- *National Academy of Sports Medicine Certified Personal Trainer (NASM-CPT)*
- CPR/AED certified

Personal Training Philosophy: “Help clients live a healthy life style through proper exercise and nutrition. Building great relationships with every client is the first step to tailoring an enjoyable progressive exercise program as well as important nutrition recommendations to get the results that matter most. My goal as your personal trainer is to keep you motivated with a variety of exercises, techniques and most importantly results.”

Contact Info:

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