

TRISHA LOUTHAN

Training Philosophy

Trisha applies circuit strength training to a variety of clients' routines who are looking to improve their overall health. Trisha enjoys teaching and encouraging clients to reach their fullest potential. Her method is to help clients find the joy, the want and the strength they have within.



Education/Experience

- Certified Personal Trainer (NASM)
- Youth Exercise Specialist (NASM)
- Golf Fitness Specialist (NASM)
- Resistance Training (NASM)
- Bodybuilding Training (NASM)
- Group Fitness Instructor (YMCA)

Focus

Strength training · Circuit training · Weight loss · Group training · Performance · High-intensity interval training