

APEX CENTRE PERSONAL TRAINER



Working at the Apex Centre
since June 2020

I believe in keeping a long-term goal in mind while understating nothing worthwhile happens overnight.

I am about sticking to your script long enough to see real results.

To schedule an appointment, contact fitness@mckinneytexas.org
918-402-9660

MEET

Aaron Ennis

Certifications and Education:

- NCSF Certified Personal Trainer
- NCSF Certified Strength and Conditioning Coach
- BS Exercise Science

Areas of Expertise:

- Corrective exercise
- HIIT training
- Strength training
- Weight loss

Aaron is just one of our personal trainers helping our members reach their peak!

To learn about all of the personal training options, stop by the customer service desk.

WWW.APEXCENTRE.ORG

