

APEX CENTRE PERSONAL TRAINER



"Plan your work, work your plan"

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.

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.

For inquiries, email apex-fitness@mckinneytexas.org

WWW.APEXCENTRE.ORG

