

# APEX CENTRE PERSONAL TRAINER



“Keep moving and lift weights”

I am proud to say I have been a professional in the fitness industry for 8 years now. My passion is helping others and educating people how to effectively navigate the gym and create a fitness program that not only helps achieve their goals, but also improves quality of life, whether that be chronic pain relief, flexibility, nutrition, etc. I believe (and science shows) lifting weights is a fantastic and optimal weight to hit aesthetic goals, increase performance, and improve health.

Please feel free to reach out to me with any questions you may have!

## MEET

# Dalton Durocher

Certifications and Education:

- BS in Kinesiology
- ACSM Certified Personal Trainer

Areas of Expertise:

- Corrective Exercise
- Injury Rehabilitation/ Prevention
- Strength/ Conditioning
- Speed/ Agility
- Child/ Teen Training
- Injuries

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

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

For inquiries, email [apex-fitness@mckinneytexas.org](mailto:apex-fitness@mckinneytexas.org)

[WWW.APEXCENTRE.ORG](http://WWW.APEXCENTRE.ORG)

